

BBC

October 2019
DHS15

www.bbcgoodfoodme.com

goodfood

Middle East

Celebrate *with cake*

It's our 12th Birthday!

- + Buttercream rainbow zebra cake
- + Olive oil, peach & orange sponge
- + Classic bread & butter pudding

**Spooky
homemade
Halloween
recipes**

**Dinner
party
menu**

- Chicken liver parfait
- Beef ragout with hand-cut pappardelle
- Autumn vegetable salad

WIN!

.....
DINING
VOUCHERS AND
GOURMET
HOTEL STAYS



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Money-saving suppers | Dubai restaurant recommendations | Dining deals in Abu Dhabi | 3 food trips to take

FIVE

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SOUL ST.



Welcome to October!

It's time to get the mixing bowl out, 'cause this month we're making cake in celebration of *BBC Good Food Middle East's* twelfth birthday. We're so proud of how far the title has come and I'd like to personally thank you for your continued support as a reader. We wouldn't have evolved to where we are today without you or your love for good (really good) food.

The rainbow zebra cake on page 52 is this month's cover star and is true showstopping party cake – it's particularly popular at kids' birthday celebrations.

For a more sophisticated affair, don't miss chef Tom Kerridge's dinner party menu on page 54. Your guests are sure to be impressed by indulgent chicken liver parfait starters, hand-cut pappardelle dressed in rich beef ragout, and comforting classic bread & butter pudding to finish – an anniversary gathering should be nothing less than deliciously indulgent, right?

For the little ones in your life, don't miss our family-friendly Halloween party menu on page 43 – from spider biscuits and pastry snakes, to pumpkin spice scones and a black cat cake, a spookily good time is guaranteed (along with cool parent brownie points).

No matter the occasion, we hope you have a great time cooking up a homemade feast for all this month.

Here's to many, many more years of *BBC Good Food Middle East*!



Sophie
Editor

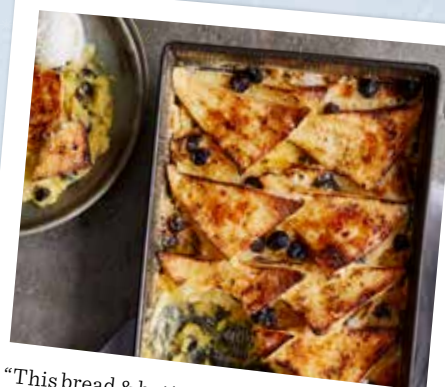
This month we celebrate BBC Good Food Middle East's twelfth birthday – so, let's celebrate with cake – here are a few of our favourites!



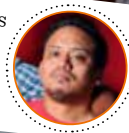
"This olive oil cake is light and fragrant but rich at the same time. Serve with sliced peaches and whipped cream," says sales executive, Liz.



Online editor, Glesni says: "Get into the spirit of things this month with our make-ahead black cat cake – perfect for Halloween parties!"



"This bread & butter pudding is a classic and is sure to go down a treat with the whole family", designer Froilan says.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



I have been wanting to buy copper drinking bottles, as my doctor recommended for me to drink alkaline water to maintain my body's pH balance. I was planning to buy these vessels on my next trip to India, but in the September issue I was happy to see that BBC Good Food Middle East magazine editor shared the details about The Goodness Company which recently opened in Dubai and introduced us to their copper collection. I was also happy to learn about BPA free bamboo tooth brushes, I never knew these existed. I will be ordering soon from this place. They have a good collection on their Instagram page as well.

Ishmeen Sethi



As a mother of 4, despite being a chef, I often find school lunches to be frustrating. Trying to pack the right amount of nutrition and taste in a way that stays yummy all day is a struggle any parent can relate to.

Your feature on back to school lunches in the September issue was spot-on. Easy to prep, yummy and diverse. I've taken loads of inspiration from it and already tried out some of the recipes to great feedback from the kids. Thanks for always bringing food content that's relevant and makes our lives easier.

Saher Shaikh



My family and I recently decided to try and cut down on our meat intake as much as possible. We're feeling much better for it, but I have to say it can be a struggle to come up with tasty meal ideas every night that not only my husband and I will like, but the kids too. Thank

you for your 'meat free family meals' article in the September issue – we're working our way through the recipes and my whole family are loving them. Please keep the meat free recipes coming, we'll be waiting for them!

Susan Wright





WIN!

The winner of the 'star letter' this month will receive a **Kyocera Ceramic Shin Knife Set from TAVOLA, WORTH DHS499!** Slice and chop your way through repetitive tasks as it produces less fatigue to your wrist and hands. The utility knife has an easy grip for mincing shallots, garlic, herbs, onions, etc. The beveled doubled-sided, cutting edge will provide you with thinly cut slices as fine as you'd prefer, becoming a favorite knife in the kitchen. The Shin series will exemplify these values with its innovative and exceptionally precise ceramic blade. The Shin Black series features an extremely durable Z212 ceramic blade, which remains sharp for twice as long as other ceramic blades from Kyocera, thanks to an innovative new production method. The knives from the Shin series also feature an ergonomic handle that enables an even more comfortable grip. **Visit tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     [@bbcgoodfoodme](https://www.instagram.com/bbcgoodfoodme)

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

THE ITALIAN EXPERIENCE

Throwback to the 1950's Italian Riviera and discover La Dolce Vita.

Indulge in an audacious menu complete with Chef Massimo's signature dishes and daily Aperitivo. Choose between retro 1950's vibrant indoor seating or a colorful beach hut with Riviera views. Celebrate Italian tradition in evolution this season.



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Dinner, 7:00PM - 11:00PM

Friday - Saturday

12:00PM - 11:00PM

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TORNO SUBITO

BY MASSIMO BOTTURA

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



JW MARRIOTT MARQUIS DUBAI TO HOST GOURMET MINDFULNESS FESTIVAL

For those who seek to live with intent, Gather by JW is coming to Dubai for the first time ever from October 24 to 26 2019, bringing together a roster of celebrity chefs and culinary experts and a range of mindfulness experiences.

Hosted at the JW Marriott Marquis Dubai, Gather by JW will focus on nourishing the soul, togetherness and being mindful. Gather by JW will offer a dynamic dinner series from October 24 – 26, 2019, showcasing the culinary prowess of South African celebrity chef, restaurateur and media personality Reuben Riffel at Prime 68, international chef and TV presenter Bobby Chinn's signature dishes at Tong Thai. A robust calendar of well-being activities and mindfulness moments will complement the weekend activities. Families can enjoy kids' yoga and a post yoga family picnic with specially prepared hampers. There will also be exclusive baking demonstrations with international pastry chef and entrepreneur, Melissa Forti. To secure your space or book a reservation, e-mail jwmmrr@marriott.com or call +971 4 414 3000. Visit gatherbyjw.com/Dubai for full timings of activities.



FooDiva's #ThreeChefsDinner returns with modern Middle Eastern theme

Founder of the impartial restaurant review website FooDiva.net, Samantha Wood will host her third #ThreeChefsDinner ticketed experience on November 4, 2019.

For one-night only, FooDiva will bring three chefs together in one high-end licensed restaurant, with each cooking a different course. Each edition of the #ThreeChefsDinner showcases a different aspect of Dubai's dining scene, with this installment celebrating modern Middle Eastern cuisine from three talented Dubai-based chefs.

Hosted at Ninive at Jumeirah Emirates Towers, a home-grown Middle Eastern restaurant with a glorious open-air starlit setting, the evening will kick-start with a premium aperitif and canapés, followed by a selection of meze starters from modern Middle Eastern culinary master chef Greg Malouf. The host chef Gilles Bosquet from Ninive will serve a series of main courses, whilst Emirati pastry chef Sahar Parham from Burj Al Arab will concoct a selection of desserts. All courses will be paired with beverages from Le Clos and MMI, whilst sommelier Lindsay Trivers from The Tasting Class will be present to explain the blends.

The evening starts at 6.30pm on November 4, 2019 and is priced at Dhs650 per person to include all food and beverage. To secure a reservation, visit foodiva.net/dinnerevents.

THE BEST BITES



Address Sky View will bring array of new restaurants

Nestled in Downtown Dubai, the new 169-room Address Sky View by Emaar Hospitality Group is set to open doors by the end of this year and will house a range of new F&B options.

Fine dining outlet, The Restaurant is where a welcoming aura of home is captured across an array of interconnected spaces that model a deluxe apartment. Centrally positioned, The Lobby Lounge is an open yet intimate, and ornate yet comfortable choice that welcomes guests all day for afternoon tea. For a more relaxed experience, conclude a swim in the infinity pool with antipasti and an aperitivo at the Pool Lounge. Guests can also visit The Café or The Patisserie for a variety of freshly prepared sandwiches, savouries and frosted cakes and pastries.

For an elaborate evening out with friends or family, Brazilbanese will feature a captivating fusion of two dynamic cuisines: Lebanese and Brazilian – all complemented with live entertainment and the tunes of Samba & Bossa Nova. Call +971 4 873 8888.

DIARY DATE

Taste of Abu Dhabi, November 7 – 9

UB40 AND BOYZLIFE TO HEADLINE



Taste of Abu Dhabi returns to du Arena on Yas Island for three days of family fun, live music and food from November 7 to 9, 2019 with two international headline music acts, UB40 and Boyzlife.

UB40 the English reggae and pop band and four-time Grammy Award nominee will kick-start the festival on November 7, and on November 8 Boyzlife duo Keith Duffy and Brian McFadden, will perform a mixture of the greatest hits from Westlife and Boyzone.

A new lineup of celebrity chefs will host live cooking demonstrations and share their latest cooking tips and techniques at the Crate & Barrel Chef's Theatre. Celebrity chefs coming to Taste of Abu Dhabi 2019 include: multi-Michelin star and 5 of 5 AA Rosettes awarding-winning French chef Jean Christophe Novelli; Australian chef, author, restaurateur and MasterChef UK judge John Torode; cookbook author and founder of Assia Kitchen, Assia Othman; Indian chef, restaurateur, author and MasterChef India judge, Kunal Kapur; international bestselling author on baby and children's food and nutrition, Annabel Karmel; and Master Pâtissier Eric Lanlard who will run baking masterclasses at the 'Big Baking Tent', alongside local and international pastry experts sharing tips and tricks with Abu Dhabi's budding baking enthusiasts.

Over 15 restaurants from across the capital will be serving up taste size delights including: contemporary Italian cuisine from Roberto's;

steaks from Butcher & Still; Lebanese fare at Sambusek; Indian cuisine from Namak by Kunal Kapur; and modern interpretations of classic Chinese dishes at Dai Pai Dong; with more restaurants to be announced over the coming weeks.

Early Bird tickets are now on sale. Ticket prices starting from Dhs60. Visit tasteabudhabi.com.

MAGNOLIA BAKERY OPENS 2 NEW UAE STORES



Famed New York institution, Magnolia Bakery, has opened two new UAE-based stores – one in Dubai at The Golden Mile, Palm Jumeirah, and one in Abu Dhabi at The Galleria on Al Maryah Island.

The bakery is famous for its desserts including cupcakes and banana pudding, all using the premium ingredients. Magnolia Bakery's team can also create customised cakes, tailored to your individual taste and requirements.

In addition to being a bakery, The Galleria store is also a café that serves an array of all-day breakfast items, such as customizable omelettes and baked-in-pan pancakes, loaded fries, sandwiches and salads, a take on the classic Middle Eastern fattah and savoury mains like BBQ chicken and aubergine parmigiana.

Contact the Golden Mile store on 04 564 3443. The store will be open every day from 7am to 11pm. For The Galleria Mall store, contact 050 105 8945. The store will be open from 10 am - 10 pm (Saturday to Wednesday) and 10 am -12 am (Thursday and Friday).

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

Amazonico, DIFC

Originating from Madrid and inspired by Latin American cultural diversity, Amazonico will open its doors in Dubai later this year. Located in Gate Village Pavillon in DIFC, Amazonico will provide a juxtaposition of Latin American warmth in Dubai's contemporary and evolving landscape. With its three storey venue led by Chef Sandro Silva and Marta Seco, Amazonico promises to create a gastronomical storm. The only restaurant in DIFC boasting a bar & lounge, restaurant, sushi counter and a rooftop terrace, Amazonico's menu will be an eclectic mix of dishes that draw inspiration from Brazilian gastronomy; Chef Sandro Silva's home country. Opened in 2016 in Madrid, Amazonico is widely acclaimed in Madrid for its cuisine and atmosphere. Amazonico Dubai will be the restaurant's second outpost, after London, which is set to open in October 2019.

SUSHISAMBA, Palm Tower

London's famed SUSHISAMBA will come to Dubai in 2020. The restaurant will occupy the 51st floor of Palm Jumeirah's brand-new Palm Tower, to serve a blend of Japanese, Brazilian and Peruvian cuisine, culture, music, with upscale design and city views. With established, popular outlets in London, Miami, Las Vegas, and Amsterdam, SUSHISAMBA will allow guests to indulge in a mix of new and signature dishes with an emphasis on piquant flavour, the finest ingredients and artful presentations. The cuisine will be complemented by an expansive beverage menu.

Shanghai Me, DIFC

This month, Bulldozer Group will launch their latest home-grown concept, Shanghai Me. Located in The Exchange building in DIFC, the original restaurant takes inspiration from 1930's Shanghai, and features rich interiors designed to complement the aromatic cuisine. With a luxurious bar and lounge, bamboo filled terrace, and exclusive private dining area, the concept is said to provide idyllic setting for all occasions, from a lavish lunch or dinner, to relaxed drinks on the terrace with late-night DJ. The menu blends flavours from across East Asia, with a cosmopolitan approach, providing lighter plates designed to cater for current health trends and dietary requirements, as well as an indulgent offering for those seeking a treat.

Amazonico, DIFC

Text by SOPHIE VOELZING | Photographs SUPPLIED



📍 **Torno Subito, W Dubai – The Palm**

Dubai foodies can expect a hearty Italian dining experience from Chef Massimo Bottura's only restaurant outside of Italy. This destination restaurant is a throwback to his childhood memories of holidays spent in Rimini, on the Italian Riviera, in the 1950s. The phrase "Torno Subito" translates to "I'll be back soon!" and is borrowed from sign boards that hang in closed store fronts in Italy indicating their afternoon break. Departing from the fine-dining experience of Osteria Francescana, Torno Subito, in true Italian fashion, amplifies the whimsical atmosphere of a nostalgic era.

The venue - open for both lunch and dinner - will hit ESCAPE by taking guests on a journey back to 1950's Italy, where the vibe is sophisticated and social, but laidback. To quote Chef Massimo, his menu "Celebrates Italian Tradition in Evolution". Guests can dig into a selection of dishes originating from the North to the South of Italy, utilizing the most authentic ingredients. Little crossover from Osteria Francescana's menu appear, but do expect to see a handful of signature plates such as the Tagliatelle Al Ragù, a recipe handed down from his grandmother made with different cuts of beef, slow cooked.



📍 **Nammos, Four Seasons Resort, Dubai**

From the glamorous shores of Psarou beach to the majestic Arabian sea, the Nammos experience is coming to Dubai and is set to open in November 2019 at the Four Seasons Resort Dubai, Jumeirah Beach. The Nammos Restaurant will boast a Greek-inspired menu, showcasing rich flavours across an array of seafood dishes using only the freshest produce from Greece, imported every morning to be served by noon. Whether it's offerings of seafood, fresh pasta, risottos, traditional appetizers, sushi and sashimi, or cuts of premium meat, there is something to suit every palate. Lined with the iconic blue and white umbrellas, the Nammos Beachfront promises indulgence and presents a luxury beach experience. Call 0529125870 or e-mail events@nammos.gr.

📍 **Soul Street, FIVE Jumeirah Village**



Soul Street at the newly opened FIVE Jumeirah Village is the latest edition to Dubai's culinary scene. Offering honest, authentic and passionate street food from around the world, this immersive dining experience encourages diners to sample street food favourites, socialise with neighbouring tables and take the perfect insta-shot with

street art from international street artists. From Latin America's tacos, Arabic kunafa cones, India's pani puri to Asia's bao buns and Europe's street favourite panzerotti, all dishes are the product of a yearlong culinary discursion of global street food stalls and a hunt for talented chefs. All dishes, sauces and breads are crafted in house by a talented team of international chefs to ensure an authentic street dining experience.

The venue will host its Street Food Carnival Brunch every Friday, 2-5PM, from October 11, with packages starting from Dhs250. Call 04 455 9989 or e-mail fpjd.dining@fivehotelsandresorts.com.

📍 **Ninive, Jumeirah Emirates Towers Hotel**



Experience the Oriental culture at Ninive, located at the feet of Jumeirah Emirates Towers Hotel. Ninive's tent is your must-try indoor dining spot for October. From 6pm to 2am, escape the city's hustle and head to Ninive. Conceived as an urban majlis, its decor incorporates the aesthetics of the Bedouin tent, making it a great evening destination for live music and a laid-back dining experience every weekend. Ninive's traditional cuisine from all over the region is served on handcrafted pottery, specially designed to suit the delicate taste of

guests accustomed to excellence. Don't miss the Chef's signatures, including the 'Turkish Manti'. E-mail book@ninive.ae.

📍 **Lobby Lounge, The Ritz-Carlton Dubai**



The Ritz-Carlton, Dubai is supporting Al Jalila Foundation in partnership with Brest Friends this Breast Cancer Awareness Month, with the launch of #PINKtober in association with The Big Beauty Scoop. Taking place at the JBR hotel throughout October, the month-long activities will raise funds and create awareness, while celebrating survivors and

those currently battling the illness, by shedding light on one of the biggest health concerns of women today – Breast Cancer. Ladies and Gentlemen can partake in a range of #PINKtober activities for a good cause, such as a decadent afternoon tea in the prestigious Lobby Lounge or a Rose Awakening Ritual treatment at the spa.

Enjoy The Big Beauty Scoop High Tea at The Lobby Lounge on October 8, 2019 from 10am till noon for Dhs250 per person, with 50% going to Al Jalila Foundation and Brest Friends, or indulge at the #PINKtober Lobby Lounge Afternoon Tea, available from October 1 – 31, 2019, daily from 12pm to 5pm, priced at Dhs195 per person with part of the proceeds being donated. E-mail dine.dubai@ritzcarlton.com or call +971 4 318 6150.



📍 **La Cantine Du Faubourg, Jumeirah Emirates Towers**

Looking for a brunch to try? Brunch 105 at La Cantine Du Faubourg is all about family, friends and fantastic food, every Saturday from 12pm to 6pm. Make the most of your weekends and try brunch delicacies, from a wide selection of pastries, eggs, signatures and sweets. Pick up the all-inclusive package of your choice starting from Dhs265, including of mocktails, fresh juices, soft drinks and hot beverages. Call +971 43 527 105, e-mail Book@lacantine.ae or visit lacantine.ae.



📍 **Bebemos, Le Méridien Dubai Hotel and Conference Centre**

Steering clear from Spanish clichés of bullfighting, flamenco and castanets, Le Méridien Dubai Hotel and Conference Centre added another feather to its proverbial cap with the launch of Bebemos, bringing the culinary tradition of tapas and authentic Spanish favourites to its patrons in Dubai. Identifying the need to emphasize a specific style of Spanish cuisine, the dining philosophy at the hotel's newest eatery highlights the country's cosmopolitan culture, more inclined towards Barcelona.

Keen on keeping the offerings as authentic as those in Spain, the menu sources speciality ingredients, including bomba rice, olive oil, nora peppers, among many others sourced directly from Spain. Home to a large live paella grill, diners at Bebemos can take their pick from five different types of paellas, including the signature black rice paella, peppered with an assortment of seafood and crustaceans. Bebemos is bringing a special treat for paella lovers with 'Fiesta de Paella'. Every Saturday, guests at Le Meridien Dubai's Spanish Tapas Bar can enjoy a variety of paella for lunch and dinner. Call 04 702 2455 or visit bebemosdubai.com

📍 **Fumo Lounge by Rosso, Amwaj Rotana**



Fumo Lounge by Rosso re-opens on October 1, 2019 and will continue to offer guests a spot to unwind with family and friends over sunset drinks, bites and a refreshing shisha in hand. A laid-back chic outdoor venue, Fumo will be introducing a new sharing menu of

dishes from the Italian restaurant – Rosso and an array of dishes of Levant cuisine. The venue also features an extensive menu of shisha and drinks to choose from. This October, Fumo has introduced new happy hour deals. From 5pm to 8 pm, guests can enjoy beverages on happy hour menu at a discounted price. In addition, shisha fans can enjoy a classic hubbly bubbly at Dhs79 or choose to have a beverage of choice on the happy hour menu and shisha at Dhs99. Should you want a bite and shisha, at Dhs129, one can enjoy a snack accompanied by a beverage of choice from the happy hour menu. Fumo is open at 5pm to 1am every Saturday to Wednesday and 5pm to 2am on Thursday and Friday. Call 04 428 2000 or email fb.amwaj@rotana.com



📍 **Mistral, Mövenpick Hotel Ibn Battuta Gate Dubai**

Imagine the same opulent spread you would get during a mid-day brunch, coupled with entertainment, and at the time when the sun starts hiding. Mövenpick Hotel Ibn Battuta Gate Dubai has introduced a new weekly line-up of evening brunches at Mistral.

Kick-start your weekend revelries with Mistral's After Brunch Hours brunch on a Friday evening that serves an array of prime international flavours spanning cheeses, soups, salads, grilled meats, and more, with house beverages starting from Dhs315 per person. There's a Slowdown Saturday Brunch showcasing Middle Eastern specials every Saturday, and a Classic Evening Brunch on Sundays. Mistral Restaurant also plays host to themed nights during the week, starting from Dhs210 inclusive of soft beverages with Asian Night every Monday, Mexican Dream every Tuesday, Swiss Nights on Wednesday, and Surf and Turf Night every Thursday. Call 04 444 5613 or email dine.ibnbattuta@movenpick.com.



📍 **Focus Bar, Hyatt Place Dubai**

Hyatt Place Dubai/Wasl District, the brand-new Hyatt Place hotel in Dubai, has revealed the opening of Focus Bar, offering in-house guests and residents a new entertainment venue to unwind after work, hang-out with friends for a game of pool. Focus Bar features a vibrant atmosphere, decorated with stylish fixtures, colourful interior design

and live screening of sports where guests can enjoy watching their favourite game. Focus presents a new culinary experience for guests, starting with its free international breakfast buffet that comes complimentary with a hotel stay. Young and adult diners can also enjoy a selection of international and local dishes. For larger groups, the property has designed a package allowing guests the opportunity to select and customise their own menu. Starting from Dhs40 per person, a group of 15 people and above can design their own buffet menu, which includes appetizers, soups, salads, bread, main courses, desserts, coffee, tea and other beverages. Call +971 54 589 7637, or email reservations.hyattplacedubai@hyatt.com.



COME CLOSER TO WAITROSE DAIRY

With commitment to provenance, animal welfare and traceability, Paul Crawford, Category Manager at Waitrose UAE, tells us why the Waitrose Dairy range is of the highest quality

What is special about Waitrose dairy?

Waitrose only sources milk from a pool of dedicated British farmers that we know and trust. We work closely with the farmers to continually review and develop a set of specific farm standards that covers all aspects of animal health and welfare, cleanliness and traceability.

Our dairy cows graze for an industry-leading 120 days as a minimum and we are the only retailer to make this pledge. During 2018 our conventional (non-organic) dairy farmers managed to graze their herds for an average of 173 days, with our Organic dairy farmers averaging 208 days. The cows have access to grazing fresh grass in the fine weather and are sheltered in comfortable airy barns with plenty of room to lie and turn in comfort with lots of readily available food and water when the weather is not good.

Our commitment to well-raised cows and the highest quality of milk is what makes Waitrose dairy special. And when quality delivers, it's always worth it.

Where does your milk come from? Who are the farmers?

Waitrose milk comes from a group of carefully chosen dairy farmers, some of whom have been supplying our milk for almost 20 years. They supply their milk exclusively to us and understand and share our values, all working to a detailed set of animal welfare standards.

What is the process from farm to shop?

As mentioned, all cows that supply our fresh milk and cream graze in fields for a minimum of 120 days a year. They will then produce the milk and it will be packaged and transported to shops.

Our buyers and food technologists have close relationships with our producers developing long-term relationships that ensure that we can trace right back to the milk used to make the cheese, and even the feed given to the cattle.

What are Waitrose commitments to animal welfare?

Waitrose farmers are committed to the animal welfare principles known as the Five Freedoms. These form the core of our animal welfare standards. Freedom from hunger and thirst, discomfort and pain, injury and disease, freedom to express normal behaviour, and freedom from fear and distress.

Waitrose & Partners has retained its tier one ranking in 2019's Business Benchmark on Farm Animal Welfare (BBFAW). The BBFAW is the leading global measure of farm animal welfare management, policy commitment, performance and disclosure in food companies. Additionally, we are also holders of the Good Dairy award from Compassion in World Farming.

Why is it important to have dairy in your diet?

Dairy is a great source of essential nutrients and can help overcome nutritional deficiencies. Milk contains protein, calcium, potassium, phosphorus, vitamins A, D, and B12, riboflavin and niacin, making it one of the most nutritious foods available.

Talk us through the Waitrose dairy range available in stores here in the Middle East...

Our range of dairy products in the Middle East comes in three tiers – essential, 1 and Duchy. The wide growing assortment ranges

from cheese, creams and yoghurts, to milk, butter and desserts.

All the products are of great quality, which we believe is a key factor as to why we have experienced double-digit sales growth in this sector, year on year. Provenance is also a driving factor – our feta comes from Greece, our halloumi from Cyprus, cheddar from the UK and brie directly from France. Responsible sourcing matters to us because the customers' interest in quality extends to intangible elements such as how food is produced and where it is sourced. When you get to know Waitrose & Partners up close, you'll see why it's worth it.

How does the price point for Waitrose's dairy range compare to locally produced dairy products?

Pricing depends on products and there are many factors to consider. The obvious airfreight places our price points above local producers, but as mentioned above, we know our farmers and the methods they use. If you come closer and have a taste of our products, you will taste the superior quality and be assured that your milk or cheese was produced in a responsible way.

Which items from the Waitrose dairy range are most in demand with customers in the Middle East, and why?

The top three lines sold in quantity are double cream, natural yoghurt, and the delicious Italian mozzarella. These products have seen some fantastic growth as people are buying into the category as they trust our brand, they know that the products are of the highest quality and have been responsibly sourced and the fact that the animals have been treated well.

WAITROSE
& PARTNERS

Waitrose & Partners

Waitrose & Partners is a British brand that combines the convenience of a supermarket with the expertise and service of a specialist shop – dedicated to offering quality food that has been responsibly sourced, combined with high standards of customer service. Waitrose & Partners has eight shops in the Middle East.



STUDIO BAGATELLE

Launch Date:
Wednesday 25th
September, then taking
place every Wednesday
Time: 8pm – late

READY TO DINE AND DISCO DANCE?

Studio Bagatelle is the new weekly addition to Bistrot Bagatelle Dubai's eventful repertoire and trust us, it's going to be a glorious throwback to the disco era –every Wednesday!

Everyone knows that at Bagatelle an epic party is guaranteed. Lovers of 'joie de vivre' descend upon this exhilarating, multi-faceted restaurant knowing that a night of pleasure will certainly ensue.

The frolicking maestros at Bagatelle have created a new weekly night – Studio Bagatelle that caters to disco fans who love to sing and dance along to the classics from the glammest era of them all.

Bagatelle aficionados can still expect the distinctive Bagatelle vibes, with staff dressing up and ready to stir the pot of fun, the venue will be decorated in a show stopping fashion and live entertainment will ensure that this is the hottest party in town.

Fueling up for a night of dancing is a delicious affair at Bagatelle with a delicious menu filled with gourmet delights, including the newest additions to the culinary harem- Burrata Sauce Verte (Buratta, Datterini Tomatoes & Asparagus, Salsa Verde, Toasted Sourdough), Coquille St-Jacques (Roasted Scallop & Prawn, Gruyere Cheese, Fine Herbs, Mashed Potato) and Poulpe Croustillant (Crispy Octopus, Potato, Black Lemon Aioli, Tomato Gastrique, Charred Jalapeno Dressing)

So, there you have it, Wednesday is the new weekend at Studio Bagatelle. It's going to be a glamorous and fun, night full of bottle popping and dancing under the disco ball.



Bistrot Bagatelle, Dubai
Fairmont Dubai, Sheikh Zayed Road

🌐 bagatelledubai.com

📞 +971 4 354 5035

✉ reservation@bistrotbagatelledubai.com

📷 [@bagatelledubai](https://www.instagram.com/bagatelledubai)

eat out

abu dhabi

Dining deals and happenings in the capital this month.

**PORCINI
MUSHROOM
FESTIVAL**



**VILLA TOSCANA, THE
ST. REGIS ABU DHABI**

Celebrate the start of autumn with Villa Toscana's Porcini Mushroom Festival from October 1 - 31, enhancing the flavour with the porcini mushroom's unique hearty and strong nutty taste while also adding a boost of nutrition and health benefits. Relish this popular gourmet mushroom at Villa Toscana

and discover special selections including prime beef tenderloin with porcini mushrooms or carnaroli risotto with crispy parmesan cheese.

As a highlight take your taste buds on a journey by trying the special porcini dessert with flavours of matcha, hazelnut, white and dark chocolate, plus refreshing sorbet.

Villa Toscana serves hand-crafted, regional Italian specialties from Tuscany, Umbria, and Emilia-Romagna, and the a la carte menu is composed to orchestrate specialties of these areas. E-mail restaurants.abudhabi@stregis.com or call 02 694 4553.

**NEW
OPENING**



**MARCO'S NEW YORK
ITALIAN BY MARCO
PIERRE WHITE,
FAIRMONT BAB
AL BAHR**

Famed chef and restaurateur Marco Pierre White has opened Marco's New York Italian by Marco Pierre White in Abu Dhabi. Inspired by his Italian heritage and love for New York, the restaurant serves a wide variety of dishes that reflects the latest trends from 'the city that

never sleeps' as well as traditional Italian staples.

True to his roots, Chef Marco's ethos is to ensure his dishes are always fresh, authentic and simple whether for lunch, brunch, dinner, friends, family or business gatherings.

Chef Marco said; "Marco's New York Italian, is all about creating an environment where people can sit and enjoy some great food with friends and family whatever the occasion and we've made sure that the menu and the ambiance reflects just that."

Adding: "The idea is that Marco's New York Italian isn't just about selling a meal. It's a great place to share and socialise whether it's a night out with friends, a family lunch, or somewhere for parents to take the children out for a meal."

The venue will offer a casual and vibrant all-day dining experience with a 'New York Italian' menu that offers a mixture of Italian-inspired dishes and American classics, serving everything from fresh pasta, homemade pizza and ribs to Marco's best-selling New York style cheesecake. Visit marcosabudhabi.com, e-mail dining.bab@fairmont.com or call +971 2 654 3238.

2 BRUNCHES TO TRY



**RAISING THE
STEAKS
FRIDAY
BRUNCH**

*The Foundry,
Southern Sun
Abu Dhabi*
One for the carnivores, the weekly 'Raising The Steaks Friday

Brunch' is all about meat – but don't worry if it's not your thing, The Foundry has added new dishes to its brunch menu. Alongside the beef wellington station, you'll find a poké raw bar, and make your own burrata stand. There's now also a vegan corner with dishes like mushroom and asparagus risotto, coconut infused spinach and banana, vegan curry, buddha bowls, vegan burritos, Vietnamese summer rolls and Beyond Burger sliders. Brunch packages start from Dhs199 per person. Call 02 818 4888.



**EAT.PLAY.
LAUGH BRUNCH**
*Kuzbara, Marriott
Hotel Downtown
Abu Dhabi*

Taking place every Friday from 12.30pm to 4pm, the Eat. Play. Laugh Brunch is an upbeat, fun event that will

run until the end of the year with new food and beverages stations, plus additional games and entertainment. Groove to the latest hits and old time favourites by resident DJ, while James the magician will enthrall you with tricks. Keep the party going at Velocity until 8pm with a new additional package. Brunch packages start from Dhs260 with food and soft drinks. Children under six go free and ages six to 12 are priced at Dhs90. Visit eatplaylaughbrunch.com or call 02 304 7777.

COME CLOSER

AND FEEL IT MELT IN YOUR MOUTH

CHEESE MADE IN FRANCE WITH LOVE

#whyitsworthit

WAITROSE

& PARTNERS

SUPERMARKETS

Tried & tasted

Each month, we review two of the city's top tables.



Reviewed by Sophie Voelzing
*Editor of BBC Good Food Middle East,
 lover of all things food and a keen
 seeker of new dining experiences.*

Where?

**THE PENTHOUSE DUBAI,
 FIVE PALM JUMEIRAH**

Dining experience: Dinner

What's it like? Perched on the 16th floor of FIVE Palm Jumeirah, The Penthouse Dubai is a swanky rooftop venue offering sweeping views of Dubai's skyline – they're seriously some of the most impressive views in the city (aside from the current construction site in front, but this is Dubai after all).

The adults-only venue is filled with energy and excitement. It's a place to visit when you're looking to end up on the dance floor. Open for both lunch and dinner, the outlet combines a large outdoor lounge area with two glass-lined swimming pools, plus multiple indoor bars that evolve into a club as the day goes on.

With direct sunset views over Palm Jumeirah, our tip would be to visit for sundowners and sharing plates just before the sun sets – it's certainly a spot offering that wow-factor for visiting guests too (very Instagrammable!).

What are the food highlights?

With its weekly party-led line-up, many tend to forget that The Penthouse also serves food – and we're not just talking about a standard poolside menu. With wide-ranging Japanese-inspired dishes available, the menu here offers something for everyone – from snacks, small plates and flatbreads, to sushi, sashimi, ceviche and 'from the grill' larger plates to share.

The Penthouse's seating is very lounge-like and encouraging of sharing-



style finger foods, so we were pleased to see the menu's offering was very much in-line with this.

To eat, our table began with a dish of spicy edamame to share along with raw tuna pizza topped with indulgent truffle cream cheese and crunchy jalapenos, tenderly chargrilled Japanese beef tacos, and light yet crispy rock shrimp popcorn.

For mains, highlights include the miso-marinated black cod and grilled salmon teriyaki, or if something meatier is more to your liking, the smoked lamb loin with gochujang BBQ sauce and grade 9 wagyu striploin steak served with fennel salad and bulgogi steak sauce, are both tempting options.

Bringing the meal to a close, we enjoyed a selection of ice cream and sorbets – perfect for keeping things light before the party vibe really



kicked up a notch. The baked strawberry vanilla cheesecake was also a delight to eat, and still light enough that we didn't feel sluggish afterwards.

How was the service? Despite the venue being absolutely packed on a Friday evening, we were pleased to find the team at The Penthouse were extremely attentive and friendly – they ensured we were well taken care of and had a great time.

The bottom line: The perfect spot for sundown drinks and bites accompanied by some of the city's best skyline views. Best for impressing visitors or for visiting with a group of friends to celebrate a special occasion night or day, in a lively way (party scenes guaranteed!). Don't forget your dancing shoes.

Want to go? For more information or to make a reservation, call +971 52 900 4868 or visit fivehotelsandresorts.com/palmjumeirah.



Reviewed by **Glesni Holland**
Online Editor of BBC Good
Food Middle East

Where?

BEBEMOS, LE MÉRIDIEN DUBAI HOTEL & CONFERENCE CENTRE

Dining experience: Dinner

What's it like? Le Méridien Dubai's latest culinary destination opened its doors earlier this year. Adding to its already expansive F&B offering, Bebemos is now the eighteenth restaurant to open at the complex. When BBC Good Food Middle East visit on what we expect to be a quiet Tuesday evening in mid-September, we're pleasantly surprised by the number of dining groups already stationed in the restaurant, with tables scattered with small plates and empty paella skillets as guests revel in the Spanish sharing style of dining. The restaurant's vibrant splashes of colour on the walls, mosaic-

tilled tables, royal blue shutters and exposed brickwork alcoves could have you fooled for thinking you're dining al-fresco on the backstreets of Barcelona. Menus are detailed on mini chalk-boards, separated simply into tapas, starters, paella, mains, sides and desserts. Our attention is immediately drawn to the traditional Spanish tapas options, including prawn al ajillo, octopus Galician style and the pan con tomate – the latter of which arrives as the complimentary bread basket to keep our hunger pangs at bay while we peruse the menu.

What were the food highlights?

Our waiter recommends sharing four or five tapas dishes to start, so we opt for the prawn al ajillo, ham croquettes, chicken wings and calamari, plus the ibérico ham from the selection of starters. Four juicy king prawns arrive drenched in a chilli and garlic sauce, which is so good that I can't resist mopping up the leftovers with the remaining bread. The croquettes are fresh off the fryer, bursting with gooey bechamel and ham pieces and encased in a crunchy breadcrumb outer shell. They're the ultra-indulgent Spanish snack, and my personal favourite from our tapas tasting selection. I'm a big believer in the notion that no tapas outing is complete without at least one cold-cuts dish, and the ibérico ham doesn't disappoint. As expected, a plate of thinly sliced, salty deliciousness is served to the table; incredibly moreish, I only wish we had more! The chicken wings are served off the bone, much to my delight, but they're slightly on the small size and sadly lack any real flavour.

We opt to share one of five paellas on Bebemos' menu as our main course, and try the brothly rice with lobster. The fish is well cooked, presented shell-on amongst the rice - which is served al dente with the perfect amount of crunch in each bite. If seafood isn't your thing, there's a veggie paella option of grilled vegetables and mushrooms, or the Valencian version is served with chicken, artichokes and butter beans. The paellas are more than enough for two diners to comfortably share.

Despite feeling full to the brim by this point, we share a portion of churros to round off the evening – and I'm so glad we do. A tower of crispy, chewy, doughy goodness is brought to the table alongside chocolate and caramel dipping sauces – a no-frill, simple option that's both comforting and delicious.

How was the service? The team at Bebemos are well versed on the menu (and the Spanish translations!) to ensure that we can fully appreciate chef Marc Mañosa's authentic creations, and staff are attentive in making sure our table is well catered to throughout the evening.

The bottom line: Bebemos steers clear of Spanish clichés and serves up an authentic selection of dishes from across the region; from Northern Spain inspired seafood creations, to assorted roast meat specialities from Central Spain. It's got a large outdoor terrace, which will lend itself perfectly to Bebemos' Fiesta De Paella offer launching in October, where diners can experience interactive al-fresco dining.

Want to go? For reservations, call +971 4 702 24 55 or email Restaurants.lmd@lemeridien.com.





All-new dining experiences to try

This season's must-try culinary experiences at the world's tallest 5-star hotel, JW Marriott Marquis Dubai

Award-winning Masala Library by Jiggs Kalra

Utilizing some of the latest technology and cutting-edge techniques, this restaurant is at the forefront of innovative cuisine, incorporating molecular gastronomy as an integral part of its menu. The Masala Library experience showcases cuisine from key provinces of the country, with each dish elucidating the rich cultural heritage from centuries before.

The restaurant is the magnum-opus of Mr. Jiggs Kalra, who was known as the "Czar of Indian Cuisine" and "Taste Maker to the Indian Nation". By capturing the grandeur of centuries-old traditions and combining them with modern day cooking techniques and a futuristic presentation, Masala Library by Jiggs Kalra offers an incomparable gastronomic voyage.

Don't miss

Floating Dessert – Presenting you with a unique floating dessert at Masala Library by Jiggs Kalra, this delicious 70% dark chocolate treat is part of the restaurant's Masala Library Experience, available daily from 6pm until 12am.

New Bar Snack Menu – Enjoy delicious bar bites from Masala Library's artfully crafted new bar menu. Choose from vegetarian and non-vegetarian options starting at Dhs30. Daily from 6pm until 1am.



High Stakes Ladies' Nights at Prime68 steakhouse

When the stakes are high and the steaks are even higher, head to Prime68 for a different kind of girls' night-out. Grab the reigns and gallop to your own tune by choosing your main course, two side dishes and three delicious beverages from a special menu, all while enjoying amazing night views of the city from the 68th floor of the hotel.

When? Every Tuesday from 7pm until 10pm, priced at Dhs199 per person.

Lobster Delights at Tong Thai

Come for a dive and satisfy your deepest cravings at Tong Thai. Delight in an unrivaled culinary experience with the King of the Sea, deliciously prepared by Tong Thai's expert Thai specialty chef. Be spoiled for choice with Wok Fried Tom Yum Atlantic Lobster, Crispy Lobster with Red Chili Paste and young coconut shoots or Atlantic Lobster in Penang Curry with fresh mango and Thai basil.

When? Every Tuesday, Wednesday and Thursday from 6pm until 11.30pm. Priced at Dhs195 per lobster.

Alfresco dining experiences at **The Ritz-Carlton, Dubai**

As the season of dining outdoors is here, The Ritz-Carlton, Dubai gives you many reasons to spoil yourselves with internationally acclaimed dining experiences.

LONDON SOCIAL BRUNCH

The Ritz-Carlton, Dubai's award-winning brunch, London Social at Caravan restaurant is all set to win hearts. Celebrating the diverse gastronomic excellence of England's most populous city, guests are invited to embark on a journey through London's major tube stations to indulge in the culinary delicacies that can be found in the various districts of the proudly multicultural city.

London Social is a delight for all the senses, featuring a live duo performance of old and new British classics. Set against the backdrop of iconic images adorning the walls, the London paraphernalia would not be complete without the legendary red telephone box and a diverse array of food, drink and delights to be found around every corner. London Social celebrates this diversity; from the spices of Banglatown, Brixton, and Little Beirut, to the vibrant stalls of Chinatown, Little Italy, and the Borough Market. Of course, a tour of London would not be complete without a nod to Britain's favorite pub classics and puddings, Mr. Whippy ice cream and classic pick and mix favourites.

These British classics have been transported from the streets of London to the shores of the Arabian Gulf, where guests will enjoy traditional Roasts along with Italian, Caribbean, Arabic, Indian, Japanese and Chinese dishes all tweaked and enhanced to reflect London's unique style. With over 12 live cooking stations, London's favourite dishes will be complemented with Britain's favourite refreshing beverages.

THE DETAILS:

When? Every Friday from 1pm to 4pm

Where? The Ritz-Carlton, Dubai in JBR at Caravan Restaurant and Lawns

Price:

- Packages start from Dhs395 per person, inclusive of non-alcoholic shandies, mocktails, juices and soft drinks.
- Premium packages are also available.
- Children below 5 dine with compliments, while 6 to 12 dine at 50%.





AMASEENA

Enchant your imagination and treat your palate to a culinary journey through the Gulf, amid Bedouin-inspired tents and palm trees swaying in the gentle sea breeze. Sample traditional Middle Eastern cuisines, from succulent meats enlivened with bold spices to freshly-caught seafood, followed by delicate Arabian sweets. Discover the beauty and romance of old Arabia, with live entertainment every night. Enjoy special theme nights each Wednesday and Thursday and let the specially prepared dishes, evocative sounds of live Arabic music, exotic belly dancing and the heady aroma of shisha transport you to another time.

Open daily, from 5pm to 12am, with buffet available from 7pm to 11pm.

**Amaseena will open by the beginning of October; weather dependent.*



PALM GRILL

Feel the sand between your toes and enjoy leisurely dining with inspiring 180-degree views of the Arabian Gulf. Serving a selection of grilled beachfront favourites and generous buckets of freshly-caught seafood, complemented by island-inspired cocktails. A stunning setting to watch the sun go down while enjoying our daily 'Happy Hours', or to enjoy a lively Saturday Brunch – the Chill & Grill Brunch, with music and entertainment, Palm Grill is the perfect "no-shoes" dining experience.

Open daily from 12pm to 11pm. Saturday Chill & Grill Brunch will take place from 1pm to 4pm, starting from 12 October, 2019. (weather dependent)



DID YOU KNOW?

The Ritz-Carlton, Dubai has made it through to the top 10 in this year's BBC Good Food Middle East Magazine Awards in the following categories:

- Amaseena in the Middle Eastern Restaurant – Dubai & Northern Emirates category
- London Social Friday Brunch in the Fine Dining Brunch UAE category
- Palm Grill's 'Chill & Grill' Brunch in the Casual Brunch UAE category

For more information, visit awards.bbcgoodfoodme.com/2019



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DUBAI

Call: +971 4 318 6150
Visit: ritzcarlton.com/dubai
E-mail: dine.dubai@ritzcarlton.com



EXPO 2020: *THE COUNTDOWN*

Now just 12 months away, Expo 2020 Dubai reveals the 12 words and phrases shaping the future of sustainable gastronomy

Kickstarting on October 20, 2019, Expo 2020 Dubai will celebrate ‘One Year to Go’, as the 12-month countdown to the ‘world’s greatest show’ and the largest event ever staged in the Middle East.

Expo 2020 Dubai is set to bring 192 nations and millions of visitors together for a once-in-a-lifetime celebration of entertainment, culture, technology, innovation, collaboration and so much more across 173 days (October 20, 2020 to April 10, 2021).

It will also be a foodie’s paradise – with global cuisines, innovative culinary experiences, future-shaping food tech, old classics, new favourites, street bites and gourmet delights across more than 200 F&B outlets.

In line with Expo 2020’s subtheme of Sustainability, the F&B programme will showcase the latest in sustainable dining trends and practices. Every contracted F&B outlet at Expo 2020 has signed up to the ‘Food Ethos’, a set of values designed to push forward sustainability and wellness across the broader industry.

These values include environmentally-conscious and organic F&B, the use of ethically- and locally-sourced products, and actions designed to minimise energy use and food and packaging waste.

As humanity seeks to reverse climate change and preserve our planet, it’s crucial that we reshape both how we produce and consume our food. With this in mind, sweeping changes are underway everywhere from farms to laboratories to create the sustainable F&B practices and products of the future.

The UAE is at the forefront of this revolution, with the world’s largest vertical farm being built in Dubai South

next to Expo 2020 Dubai. Measuring 130,000 square feet and producing 2,700 kilos of leafy greens every day, the farm will be operated by Emirates Flight Catering, and a proportion of its output will be consumed by millions of visitors at Expo 2020.

So which eco-friendly items will you find on the menus and supermarket shelves of tomorrow?

Darren Tse, Director – Concessions, Programming at Expo 2020 Dubai, selects 12 sustainable gastronomy words and phrases that are set to become part of the public consciousness.

EXPO LIVE

Expo Live is a USD100 million social innovation and partnership programme helping develop novel solutions to social and environmental challenges. Funding and supporting projects across the globe, it is the first ever initiative of its kind at a World Expo.

Grantees helping to make food more accessible and/or sustainable in their communities include:

- Algramo in Chile
- Siam Organic in Thailand
- Unique Quality Products Enterprise in Ghana

For more information, visit expo2020dubai.com/en/programmes/expo-live



VERTICAL FARMING

The process of growing crops in vertical stacks rather than the 'horizontal' method used in traditional farming. Its myriad environmental benefits include significantly reduced space requirement and water usage, as well as year-round production, no weather disruption and no pesticides.



HALOPHYTES

A halophyte is a plant that grows in saline water – which comprises more than 97 per cent of the earth's water. Increased reliance on these salt-tolerant plants would lead to multiple positive impacts – including less deforestation to make space for new arable land and reduced water use for traditional farming.



FONIO

The process of growing crops in vertical stacks rather than the 'horizontal' method used in traditional farming. Its myriad environmental benefits include significantly reduced space requirement and water usage, as well as year-round production, no weather disruption and no pesticides.



CULTURED MEAT

Both sustainable and humane, cultured meat is created in a laboratory by harvesting animal cells. This process not only reduces the need to slaughter animals for their meat, it also frees up land used for conventional farming and reduces the high methane output of livestock, which leads to global warming.



HYDROPONICS

A method of growing plants without the need for soil, instead of using a nutrient solution. There are many benefits to hydroponic farming – including more efficient water use, larger yields, decreased pesticide use and fewer pests.



MYCOPROTEIN

Deriving its name from the Greek for 'fungus', mycoprotein is an eco-friendly foodstuff that's suitable for vegetarians, vegans and those looking for a protein-packed meat substitute.



BLENDING BURGER

The perfect solution for those who love their meat but are conscious of its carbon footprint. The blended burger incorporates mushrooms into its beef patty to create a delicious hybrid that tastes great while being healthier and less impactful on the environment than its all-meat counterpart.



FLEXITARIAN

Another viable option for those who don't fancy the 'all or nothing' approach when it comes to their diet. Also known as a 'semi-vegetarian', the flexitarian seeks to increase the plant-based foods in their diet and replace meat with other protein sources. Meat isn't off the menu entirely, just eaten in moderation in favour of more sustainable alternatives.



GMOs (GENETICALLY MODIFIED ORGANISMS)

By scientifically improving the quality of crops, GMOs help farmers to use less water and fewer pesticides, as well as reducing tillage and creating higher yields.



FOOD MILES

This is the distance that food is transported between creation and consumption. Eating and drinking locally-sourced products means fewer miles are clocked up from farm to plate, reducing the carbon footprint.



UGLY PRODUCE

The name for fruits and vegetables that, despite being perfectly healthy to eat, are overlooked by farmers, stores or shoppers because they are discoloured or strangely shaped. By consuming such items, food waste is reduced.



MICROBIOME

We've long known that different foods affect different people in different ways, but researchers are increasingly looking at the significance of each person's gut microbiome in relation to their overall health. In future, our diets could become more personalised to suit our individual microbiome. As well as being healthier, a microbial diet eliminates many prepackaged foods that have negative environmental consequences, from their packaging and ingredients to their carbon footprint in transportation.



FAMILY LUNCH, THE ITALIAN WAY

Soak up quality family time every Saturday afternoon at The St. Regis Abu Dhabi's authentic Tuscan restaurant, Villa Toscana, and delight in its brand-new all-inclusive lunch package

Weekend Family Lunch

*Every Saturday,
12.30pm – 4pm*



Villa Toscana at The St. Regis Abu Dhabi presents Saturday afternoons best spent with Italian hospitality and the new family-style Lunch 'Pranzo In Famiglia' in the rustic surrounds of the restaurant's homely interiors from 12.30pm – 4pm.

Friends and family are welcomed to enjoy hand-crafted Tuscan favourites presented by chefs to the table. Pick your favourites from a traditional Italian antipasti buffet and Italian cheese corner, while relaxing and enjoying family time in the cosy Villa Toscana restaurant.

Priced at Dhs195 per person for lunch and soft drinks.

Inspired by a Tuscan villa, Villa Toscana creates the feel of visiting the home of an Italian noble at his summer residence where family and friends meet, welcomed by the chef-patron. The food complements the design bridging tradition and elegance. Serving hand-crafted, regional Italian specialties from Tuscany, Umbria, and Emilia-Romagna, the menu is composed to orchestrate specialties of these areas. Special imports of cheese, prosciutto, cold cuts, and salamis emphasize the quality level of the restaurant.

Villa Toscana promises a special family gathering to remember.

Pranzo In Famiglia – The Weekend Family Lunch

Where? Villa Toscana

When? Every Saturday, 12.30pm – 4pm

Price: Dhs195 per person for food and soft drinks

CREAM



Cream infusions, for unique signature tastes

Beyond the aesthetic effect and a set of textures, European dairy cream refines, lightens, brings a smoothness, a roundness, and in addition to all this, it fixes and distributes flavors.

Being very pliable, you can add vanilla or soak mint in it, and you will end up with a different cream. European cream has the ability to bring different tastes and flavors to the forefront. A secret of French pastry chefs is to keep coffee cream on hand for special uses. In fact, coffee is revealed in all its subtleties in a cold infusion which allows all of its nuances and notes to be released. Pierre Hermé, uses a Corsican technique by performing a double infusion for his favorite coffee infused tart: first hot, then a long cold steep. He creates a ganache with the coffee infused cream and white chocolate, then enriches it with a coffee flavored Chantilly cream, which is made by boiling and infusing it with spent coffee grounds.

After straining, the mixture is kept cold overnight before being used the next day.

Colors and flavors mix, becoming a subtle exercise in pastry creation, the process of infusion makes each European cream unique, both in its creation and the way in which it's used.

By inserting different flavors into their pastry, through various concentrations and refining methods, chefs are able to create truly unique signature tastes. Whole or scraped, Cédric Grolet, allows Tahitian vanilla pods to steep in the dairy cream for 48 hours before slowly floating to the top. For Benoit Couvrand, the choice of method is sometimes a matter of the time available "steeping vanilla for 15 minutes in a boiling cream is just faster." These hot preparations are perfect for ganaches.

The content of this advertorial represents the views of the author only and is his sole responsibility.
The European Commission do not accept any responsibility for any use that may be made of the information it contains.

easy

Delicious, simple,
and easy-to-
make recipes



3 RECIPES OF FLAVORED BUTTER
CREATED BY

CHEF WASEEM ALEISA

In Europe, and particularly in France, butter is inseparable from gastronomy. It clearly represents a certain way of life, and despite the evolution of eating habits, it remains essential for cooks and chefs. Enter a kitchen, and look for butter... it is never far away. Trends change, culinary techniques evolve, but it remains the favorite ingredient of chefs. Ingredient they like to transform in their own way...

ZAATAR BUTTER

200 g sweet butter - 50 g zaatar - 3 g chopped garlic - 5 g thyme
5 g smoked paprika - 5 g lemon zest - 5 g orange zest

In a mixing bowl, mix together the softened butter and all the ingredients. Shape, cling film on contact, and store in the refrigerator.

DATE BUTTER

200 g softened butter - 100 g pitted dates - 3 g of mastic gum

Soak the mastic gum in 2 cl of warm water for 1 hour. Finely chop the dates.

Mix all ingredients thoroughly, shape, cling film on contact and store in the refrigerator.

CARDAMON BUTTER

200 g softened butter
3 g cardamon powder

Mix all ingredients thoroughly, shape, cling film on contact and store in the refrigerator.

FLAVORED BUTTER





freezable

easiest ever midweek meals

Double the amounts in these simple recipes and store in the freezer, ready for busy days. They taste just as great when reheated as they do freshly cooked

recipes ESTHER CLARK photographs FAITH MASON

Meatball black bean chilli

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** ✨

2 tbsp olive oil
12 beef meatballs
1 onion, finely sliced
2 mixed peppers, sliced
½ large bunch coriander,
leaves and stalks chopped
2 large garlic cloves, crushed
1 tsp hot smoked paprika
2 tsp ground cumin

1 heaped tbsp light brown soft sugar
2 x 400g cans chopped tomatoes
2 x 400g cans black beans,
drained and rinsed
cooked rice, to serve

■ Heat the oil in a large flameproof casserole dish over a medium heat. Fry the meatballs for 5 mins until browned, then transfer to a plate with a slotted spoon.

■ Fry the onion and peppers with a pinch of salt for 7 mins. Add the coriander stalks, garlic, paprika and

cumin and fry for 1 min more. Tip in the sugar, tomatoes and beans, and bring to a simmer. Season, return the meatballs to the pan and cook, covered, for 15 mins. *To freeze, leave to cool completely and transfer to large freezerproof bags.*

■ Serve the chilli with the rice and the coriander leaves scattered over.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day •
gluten free

PER SERVING 423 kcs • fat 16g • saturates 4g •
carbs 36g • sugars 21g • fibre 14g • protein 24g •
salt 1.1g

gf tip

All of these recipes can be frozen for up to three months. Defrost and reheat in a pan or the oven until piping hot.

Chipotle chicken tinga

SERVES 4 **PREP** 15 mins

COOK 40 mins **EASY** ✨

2 tbsp olive oil
2 onions, sliced
2 large garlic cloves, crushed
2-3 tbsp chipotle chilli paste
400g can chopped tomatoes
2 tbsp light brown soft sugar
6 boneless, skinless chicken thighs

For the salsa

1 small red onion, finely chopped
3 ripe tomatoes, finely chopped
1 lime, zested and juiced
1 small bunch coriander, leaves and stalks finely chopped, plus extra leaves to serve

tortilla chips and guacamole, to serve

■ Heat the oil in a large non-stick flameproof casserole dish or saucepan. Fry the onions with a pinch of salt for 10 mins, or until softened. Add the garlic and fry for 1 min more. Tip in the chipotle paste, tomatoes and sugar with half a can of water. Sit the chicken thighs in the sauce. Bring to a low simmer and cook, covered, for 20-25 mins, stirring often, until the liquid has reduced slightly and the chicken is cooked through.

■ Using two forks, shred the chicken and stir it back through the sauce. Season to taste. If the

sauce is too thin, return to the heat and simmer for 5 mins until the sauce has reduced more. *To freeze, leave to cool completely and transfer to large freezerproof bags.*

■ To make the salsa, combine the red onion, tomatoes, lime zest and juice, coriander leaves and stalks. Season to taste. Serve the chicken with the tomato salsa, tortilla chips, guacamole and a scattering of coriander leaves.

GOOD TO KNOW 2 of 5-a-day • gluten free
PER SERVING 280 kcal • fat 12g • saturates 2g •
carbs 22g • sugars 21g • fibre 3g • protein 20g •
salt 0.2g



Curried fishcakes

SERVES 4 **PREP** 40 mins **COOK** 35 mins
EASY ✨

500g Maris Piper potatoes, peeled and cut into 3cm chunks
 2 tbsp olive oil
 3 large garlic cloves, crushed
 1 thumb-sized piece ginger, peeled and grated
 1 tsp black mustard seeds
 2-3 heaped tbsp medium curry powder
 4 skin-on cod fillets
 400ml semi-skimmed milk
 1 small lemon, zested and juiced
 150g plain flour
 2 medium eggs, beaten
 150g panko breadcrumbs
 salad leaves and slaw, to serve

■ Put the potatoes in a large saucepan, cover with cold water and bring to the boil. Reduce the heat to a simmer and cook for 8-10 mins until tender. Drain and leave to steam-dry for 5 mins.

Lightly crush the potatoes with a potato masher until slightly chunky.

■ Heat 1 tbsp of the oil in a frying pan over a medium heat. Fry the garlic, ginger, mustard seeds and curry powder for 1 min. Stir the spices through the potatoes, season with salt and set aside.

■ Put the cod in a large saucepan over a medium heat, pour over the milk and bring to a simmer. Immediately remove from the heat, cover and set aside for 10 mins to poach. Lift the fish out with a slotted spoon, then remove and discard the skin. Flake the flesh into the potato mixture in large pieces, then fold in with the lemon zest and juice. Shape the mixture into eight fishcakes using your hands.

■ Put the flour, eggs and breadcrumbs in three separate shallow bowls. Dip each fishcake in the flour, then the eggs, then the breadcrumbs. Set aside on a baking sheet. *To freeze, cover and freeze on the sheet until solid, then transfer to freezerproof containers.*

■ Heat the remaining oil in a large non-stick frying pan over a medium heat and heat the oven to low. Fry the fishcakes in batches for 5-6 mins on each side until golden and crisp. Keep warm in the oven as you cook them. Serve with the salad leaves and slaw on the side.

GOOD TO KNOW fibre • iron


PER SERVING 594 kcs • fat 12g • saturates 2g • carbs 77g
 • sugars 3g • fibre 6g • protein 42g • salt 1.1g

gf tip

For a lighter version, bake the fishcakes at 180C/160C fan/gas 4 for 20 mins or until golden and cooked through.

Spicy harissa aubergine pie

SERVES 4-6 **PREP** 15 mins

COOK 1 hr 20 mins **EASY** 

3 tbsp olive oil

2 aubergines, cut into chunks

2 red onions, finely sliced

2 large garlic cloves, crushed

2 tbsp rose harissa paste

1 tbsp ground coriander

400g can cherry tomatoes

250g pouch cooked puy lentils

100g pitted green olives

1 small bunch parsley, finely chopped

1.3kg sweet potatoes, peeled and cut into 3cm chunks

100g feta, crumbled

■ Heat 2 tbsp of the oil in a large frying pan over a medium heat. Fry the aubergines for 10-15 mins until golden and softened. Remove with a slotted spoon and set aside.

■ Fry the onions with the remaining oil for 7-10 mins or until softened.

Add the garlic, 1 tbsp of the harissa and the coriander and cook for 1 min more. Return the aubergines to the pan with the tomatoes, lentils, olives and a can of water. Bring to a simmer and cook for 10 mins. Season, then stir through the parsley.

■ Cook the sweet potatoes in a large pan of boiling lightly salted water for 15 mins. Drain and leave to steam-dry, then mash and stir through the remaining harissa. Spoon the aubergine filling into a large baking dish, scatter over half the feta and spoon over the potatoes. Scatter the remaining feta over the pie.

■ Heat the grill to its highest setting. Grill the pie for 7-10 mins or until the top is crisp and golden. *To freeze, leave to cool completely before portioning out into small freezerproof containers.*

GOOD TO KNOW low cal • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING (6) 430 kcs • fat 13g • saturates 4g • carbs 57g • sugars 25g • fibre 15g • protein 12g • salt 1.6g



Spiced lentil & butternut squash soup

SERVES 4-6 PREP 10 mins COOK 40 mins EASY V *

2 tbsp olive oil
2 onions, finely chopped
2 garlic cloves, crushed
¼ tsp hot chilli powder
1 tbsp ras el hanout
1 butternut squash, peeled and cut into 2cm pieces

100g red lentils
1 litre hot vegetable stock
1 small bunch coriander, leaves chopped, plus extra to serve
dukkah (see tip) and natural yogurt, to serve

■ Heat the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Fry the onions with a pinch of salt for 7 mins, or until softened and just caramelised. Add the garlic, chilli and ras el hanout, and cook for 1 min more.

■ Stir in the squash and lentils. Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft. Blitz the soup with a stick blender until smooth, then season to taste. *To freeze, leave to cool completely and transfer to large freezerproof bags.*

■ Stir in the coriander leaves and ladle the soup into bowls. Serve topped with the dukkah, yogurt and extra coriander leaves.

GOOD TO KNOW healthy • low fat • 2 of 5-a-day

PER SERVING (6) 167 kcals • fat 5g • saturates 1g • carbs 23g • sugars 4g • fibre 3g • protein 6g • salt 0.5g

gf tip

Dukkah is a Middle Eastern condiment made from crushed herbs, spices and roasted chickpeas. You can find it in small tubs in the world foods section of the supermarket.

Sausage ragu

SERVES 4 PREP 5 mins COOK 45 mins EASY * □

3 tbsp olive oil
1 onion, finely chopped
2 large garlic cloves, crushed
¼ tsp chilli flakes
2 rosemary sprigs, leaves finely chopped
2 x 400g cans chopped tomatoes

1 tbsp brown sugar
6 pork sausages
150ml whole milk
1 lemon, zested
350g rigatoni pasta
grated parmesan and ½ small bunch parsley, leaves roughly chopped, to serve

■ Heat 2 tbsp of the oil in a saucepan over a medium heat. Fry the onion with a pinch of salt for 7 mins. Add the garlic, chilli and rosemary, and cook for 1 min more. Tip in the tomatoes and sugar, and simmer for 20 mins.

■ Heat the remaining oil in a medium frying pan over a medium heat. Squeeze the sausagemeat from the skins and fry, breaking it up with a wooden spoon, for 5-7 mins until golden. Add to the sauce with the milk and lemon zest, then simmer for a further 5 mins. *To freeze, leave to cool completely and transfer to large freezerproof bags.*

■ Cook the pasta following pack instructions. Drain and toss with the sauce. Scatter over the parmesan and parsley leaves to serve.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 589 kcals • fat 18g • saturates 5g • carbs 83g • sugars 18g • fibre 8g

• protein 19g • salt 0.5g

gf tip

If you're feeding small children, feel free to omit the chilli flakes from this recipe.

Creamy chicken, bean & leek traybake

SERVES 4 **PREP** 5 mins
COOK 50 mins **EASY** ✨

2 tbsp olive oil
8 chicken thighs
3 leeks, sliced into rounds
2 large garlic cloves, crushed
2 x 400g cans cannellini beans,
drained and rinsed
500ml hot chicken stock
1½-2 tbsp wholegrain mustard
100g crème fraîche
1 large lemon, zested
crusty bread, to serve

■ Heat the oven to 200C/180C fan/gas 6. Heat the oil over a high heat in a large non-stick frying pan. Season the chicken thighs and fry, skin-side down, for 5 mins until golden and crisp. Transfer, skin-side up, to a large baking tray.

■ Fry the leeks in the pan for 5 mins or until just softened. Add the garlic and fry for 1 min more. Stir in the beans, then spoon into the tray around the chicken. Pour the stock over the beans and season to taste. Roast for 20 mins, then remove from the oven and stir the mustard and crème fraîche through the beans. Roast for 10-15 mins more, or until the chicken is cooked through. *To freeze, leave to cool completely and transfer to large freezerproof bags.*

■ Scatter the lemon zest over the chicken and serve with crusty bread to mop up the juices.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 547 kcal • fat 32g • saturates 13g •
carbs 23g • sugars 5g • fibre 12g • protein 34g •
salt 1.7g

gf tip

If you're doubling up this recipe, divide everything between two baking trays in step 2.





THE ALL-OUT FRIDAY BRUNCH RETURNS

Amwaj Rotana's outdoor All-Out Friday Brunch will relaunch on October 18, 2019 to offer brunch-goers over 100 dishes and a whole lot of family fun and fiesta

The All-Out outdoor brunch is back this October, and it is grander and better. Taking place every Friday from 12.30pm to 4.30pm, guests can expect an array of dishes appealing to multiple palates, variety of drinks and all-round fun for the family.

The brunch features over 100 dishes from the kitchens of the hotel signature restaurants: Rosso- Italian, Benihana - Japanese American, JB's Gastropub - British American and Horizon - International. Hosted on the largest outdoor terrace on JBR, guests can walk around the terrace and delight in live cooking stations of different cuisines including the Asian Wok station, Japanese Robatayaki grill, Italian pasta and pizza, Patagonian barbecue with fresh line caught Fish, a barbecue station with smoked ribs, gourmet hot dogs and lamb racks, Shawarma and Mezze station, a desi corner and the JB's Food truck with freshly made buffalo chicken & beef sliders. This is in addition to the live Teppanyaki station and more choice of meals indoors at Benihana and Rosso restaurant.

Those with a sweet tooth are in for a treat with options such as the éclair bar, the chocolate library, the cake popsicle bar, waffles, ethnic dessert corner, freak shake shack and much more.

To wash it all down, guests can pop over to any of the themed bars across the terrace serving a wide-range of premium beverages. Coming along with the little ones? You do not have to worry about them as they will be busy having fun at the kids' corner full of activities and entertainment. There will also be a kids' buffet available. The fun is not only limited to the little ones, as the adults will have their own corner where they can indulge in fun and games. Live entertainment is guaranteed from a dynamic duo band to build on the vibe.

The All- Out Brunch will be all out to keep you satisfied, hydrated and entertained.

ALL-OUT FRIDAY BRUNCH

WHERE?

Amwaj Rotana's outdoor terrace

WHEN?

Every Friday from 12.30pm to 4.30pm

PRICE:

Packages start from Dhs259 with soft beverages. Premium packages are available. Dhs129 for kids aged 6 – 12 years and complimentary for 5 years and below.

Amwaj Rotana, Jumeirah Beach, Dubai
Call: 04 428 2000
Visit: fb.amwaj@rotana.com

GATHER

A JW EPICUREAN & MINDFUL EXPERIENCE **DUBAI**



Feed Your Body. Nourish Your Soul.

For culinary lovers and lovers of life's most authentic occasions, Gather by JW is an epicurean and mindful experience, providing an interactive program and a star-studded line up of top culinary and motivational talents including Bobby Chinn, Melissa Forti, Reuben Riffel and Sally Bee.

Indulge in a wealth of flavours and a myriad creations that truly nourish the mind, body and soul.

JW Marriott Marquis Dubai
24th – 26th October 2019

For bookings and more information visit
gatherbyjw.com/dubai or call +971 4 414 3000.



JW MARRIOTT



EMBARK ON A MINDFUL EPICUREAN ADVENTURE

JW Marriott Marquis Dubai brings '**Gather by JW**', an immersive epicurean and mindfulness experience to Dubai from October 24 – 26, 2019. The three-day festival brings together celebrated chefs and leading mindfulness experts for a curated program that inspires the whole you.

For those who seek to live with intent, **Gather by JW** is coming to Dubai for the first time ever from October 24 – 26, 2019, bringing together an incredible roster of chefs and culinary experts and a range of mindfulness experiences.

From curated well-being offerings and mindful moments to intimate chef cooking classes and experiential dinners, **Gather by JW** is designed to offer engaging opportunities to explore the connection between food and well-being. The immersive three-day festival will bring together aficionados, families, wellbeing enthusiasts, travellers and more. Guests can look forward to an interactive program and a star-studded line up of top culinary and motivational talents including:



BOBBY CHINN

- ▶ International chef, TV presenter, restaurateur, and cookbook author, judge on MBC's 'Top Chef Middle East'



MELISSA FORTI

- ▶ International pastry chef, entrepreneur and book author



REUBEN RIFFEL

- ▶ South African celebrity chef, restaurateur and media personality



SALLY BEE

- ▶ motivational speaker and author

Gather by JW will open with a dynamic dinner series on Thursday 24th October showcasing the culinary prowess of South African celebrity chef, restaurateur and media personality Reuben Riffel at Prime 68, international chef, TV presenter, restaurateur, and cookbook author, Bobby Chinn's signature Vietnamese dishes at Tong Thai and a signature menu by the executive chef at Masala Library by Jiggs Kalra in collaboration with an Ayurvedic Specialist advising on the health properties of spices and the power of clean eating. What can you expect to see on the menu? A wealth of flavours to indulge in and a myriad of creations that truly nourish the mind, body and soul.

A robust calendar of well-being activities and mindfulness moments will continue over the weekend. These include kids' yoga at Aqua and a post Yoga family picnic with specially prepared hampers and a motivational speaking session titled 'Being the best you' with ITV personality and author Sally Bee. There will also be exclusive baking demonstrations with international pastry chef, entrepreneur and book author, Melissa Forti, a brunch with Reuben Riffel while the signature dinner experiences continue each night.

Members of Marriott Bonvoy have the opportunity to bid loyalty points for a number of exclusive, VIP Gather by JW Marriott Moments, including a private baking demonstration class with Melissa Forti herself.

RESERVE

To secure your space or make a reservation, e-mail jwmmrr@marriott.com or call +971 4 414 3000. Visit gatherbyjw.com/Dubai for full timings of activities.



Ninive was conceived as an urban majlis at the feet of Jumeirah Emirates Towers Hotel and its decor incorporates the aesthetics of the Bedouin tent. It is the perfect place for an elegant dining experience.

From sunset, guests can indulge in Middle Eastern specialties, including traditional Arabic cuisine from all over the region.

Served at the table, in a relaxed and refined atmosphere, guests will be able to choose from a 'A la carte menu' their preferred dishes, beverages and shisha. Convivial and elegant, its cuisine is served on crockery created especially for the venue by potters, suited to the refined tastes of a clientele addicted to excellence.

Ninive opens its doors everyday to offer its guests an ideal dining destination inspired by the diversity and heritage of the Arab world. Live music will add to the magical atmosphere every Tuesday and weekend from 9 pm onwards.

Nominated in Best Middle Eastern Restaurant category 2019



Ninive
Jumeirah Emirates Towers Hotel - Dubai
P.O. Box 504904

ninive.ae | book@ninive.ae | @ninivedubai
+971 43 266 105



new series

rosie's seasonal stars

pumpkins
& squash

In this new monthly feature **Rosie Birkett** discovers the joys of a seasonal ingredient. She kicks off with warming autumnal squash

Gourds always seem to me ultimate harbingers of autumn, having grown and swelled through the heat of the year, finally ready as the leaves turn the same colour as their skins and the nights draw in. After rather impatiently watching my squashes get plump and bulbous over the summer months, from humble beginnings as spongy-leafed seedlings, it's exciting to finally be cooking with them.

The joy of growing squash and pumpkin yourself is that they are reasonably high-yielding (if you keep them well-fed and watered), and you can get experimental with varieties, making a move away from the classic butternut – though of course, this has its place too.

If you're buying them, it's well worth trying to seek out some more exciting varieties. I particularly love acorn and delicata for their intensely sweet and honeyed flavour. Spaghetti squash is also worth nabbing if you can find it. So called because, once cooked, its flesh pulls apart into fine strands resembling spaghetti, it's wonderful tossed with butter and herbs and served on the side of a pan-fried chicken breast or halloumi steak.

Once you've got your hands on a squash or pumpkin, you have a meal or three at your fingertips. Their sweetness lends them the virtue of being good in both savoury and sweet dishes, and don't, whatever you do, discard those glistening seeds as they can be

rinsed and crisped up in the oven with some salt, chilli powder and sesame seeds, or pan-fried with a glug of rapeseed oil until they pop – a perfect topping for a salad with the flesh, or simply an addictive snack.

Oven roasting is by far my favourite technique for bringing out the sugars in the squashes and caramelising their meat. If cut small enough, you can pan-fry it, and this works well for something like a risotto, but nothing beats the crispy-edged, toffee sweet meat of an oven-roasted slice in my mind. Peeling is an utter chore, so avoid doing it – most squashes will roast beautifully when cut into wedges with the skin on, and once cooked, it can easily be peeled.

Peeling is essential though if you're making a soup or purée. For a soup, try combining the sweet meat with the smoky spice of chipotle chilli, and plenty of butter in a purée will make it perfect for stirring with eggs, sugar and warm spices like cinnamon to fill a crispy pastry case for pumpkin pie. Follow the Italians' lead and plump for some fried sage leaves to accompany squash or pumpkin in savoury dishes, as no other herb works quite as wonderfully as this woody, savoury leaf.

Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs115, Hardie Grant). [Twitter](#) [Instagram](#) @RosieFoodie



ALSO IN SEASON apples ■ autumn raspberries ■ beetroot ■ blackberries ■ carrots ■ chestnuts ■ cobnuts ■ figs ■ grapes ■ hazelnuts ■ leeks ■ maincrop potatoes ■ marrows ■ pears ■ peppers ■ quince ■ shallots ■ spinach ■ Swiss chard ■ walnuts ■ wild mushrooms

Roast squash with goat's cheese & Puy lentils

SERVES 4 **PREP** 25 mins **COOK** 1 hr 5 mins **EASY** **V**

800g delicata, acorn or butternut squash
4 tbsp rapeseed or olive oil
25g pumpkin seeds (or use the seeds from the pumpkin or squash you're using)
10 sage leaves
2 tbsp good quality red wine vinegar
250g pouch cooked Puy lentils
100g soft goat's cheese (I like the rosary ash one from Ocado)
4 amaretti biscuits
For the crispy kale
100g kale, rinsed, dried, thick stems removed and leaves torn into crisp-sized pieces
½ tbsp rapeseed or olive oil
1 tbsp white sesame seeds
1 tsp red chilli flakes

1 Heat oven to 160C/140C fan/gas 3. Toss the kale lightly in the oil, ½ tsp salt, sesame and chilli, massaging the leaves until coated with the oil and seasoning. Arrange the leaves in one layer in a roasting tin or baking tray – you might need to use more than one to keep them in an even layer. Roast for 15-20 mins until crisp and dry but not brown.

2 Once dried, remove from the oven and turn the heat up to 200C/180C fan/gas 6. Halve the squash and scoop out the seeds. Wash the seeds to remove the sticky membrane, dry them with kitchen paper and set aside. Cut the squash into 1cm thick slices (don't worry about peeling them), and arrange on a baking sheet or in a roasting tin. Drizzle over 1 tbsp oil, season, then turn and drizzle with a little more oil. Season again and roast for 30-40 mins until tender and caramelising, turning halfway through. Remove from the oven.

3 Heat the remaining oil in a non-stick frying pan over a medium to high heat until it's shimmering. Add the sage leaves and fry for 15-30 seconds, turning them once. Remove using tongs or a slotted spoon, place on kitchen paper and scatter with sea salt. Add the pumpkin seeds to the hot oil and fry for a few mins until puffed and crunchy. Drain the oil into a bowl and whisk with the red wine vinegar, a pinch of salt and freshly ground black pepper.

4 Dress the lentils with half the dressing, then spoon onto the plates or serving platter. Arrange the crispy kale and squash on top, and crumble over the goat's cheese, and drizzle over a bit more dressing. Finally, top with the fried seeds, crumble over the amaretti biscuits and crispy sage leaves.

GOOD TO KNOW 2 of 5-a-day • vit c • fibre
PER SERVING 472 kcals • fat 24g • saturates 6g •
carbs 42g • sugars 11g • fibre 11g • protein 17g •
salt 1.7g

more recipes using seasonal squash

Roast spaghetti squash with sage butter & pine nuts

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

Heat oven to 200C/180C fan/gas 6. Cut a **spaghetti squash** in half, scoop out the seeds and drizzle with **2 tbsp olive oil**. Season well and place, cut-side down, on a baking sheet. Roast for 30-40 mins until tender. Meanwhile, melt **10g butter** in a frying pan with some **finely chopped sage**. Once the squash is cooked, pour over the butter and use a fork to pull the flesh into strands. Top with **toasted pine nuts** and **parmesan**.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 179 kcals • fat 14g • saturates 4g •
carbs 6g • sugars 5g • fibre 4g • protein 4g •
salt 0.2g

Squash, ginger & orange purée

SERVES 4 **PREP** 5 mins
COOK 45 mins **EASY** **V**

Heat oven to 200C/180C fan/gas 6. Peel, halve and oil an **acorn** or **butternut squash** (about 600-800g) and place cut-side down on an oiled baking sheet. Roast for 30-40 mins until tender, then place in the bowl of a food processor with **10g butter**, the **zest of 1 orange**, **½ tsp salt**, **1cm piece ginger, grated**, **pepper** and a **pinch of chilli powder**. Blitz to a smooth purée and serve with pan-fried scallops or hake, oven-roast veg or stir through a risotto.

GOOD TO KNOW 1 of 5-a-day • low fat
PER SERVING 75 kcals • fat 2g • saturates 1g •
carbs 11g • sugars 6g • fibre 3g • protein 1g •
salt 0.7g

Raw squash salad with feta, almonds & parsley

SERVES 2-3 **PREP** 5 mins
COOK 15 mins **EASY** **V**

Heat oven to 200C/180C fan/gas 6. Toss **2 tbsp skin-on almonds** with enough **rapeseed oil** to coat, a **pinch of salt** and **½ tsp smoked paprika**. Toss, then roast for 10 mins. Remove from the oven. Using a peeler, peel **400g peeled acorn, delicata** or **butternut squash** into long ribbons in a bowl. Season. Whisk together **1 tbsp extra virgin olive oil** with **½ tsp sherry** or **cider vinegar**, **salt, pepper** and **1 tsp honey**. Pour some dressing over the ribbons just to coat, and stir through **1 tbsp chopped parsley** and the **almonds**. Crumble over some **feta** to finish.

GOOD TO KNOW 1 of 5-a-day • vit c • gluten free
PER SERVING (3) 237 kcals • fat 16g • saturates 4g •
carbs 13g • sugars 8g • fibre 3g • protein 7g • salt 0.7g





Back to BRUNCH

Celebrating the return of brunch season, Marriott International is offering amazing brunch deals at over 40 venues in the UAE from October 3 to November 2, 2019

Reservations: MoreCravings.com

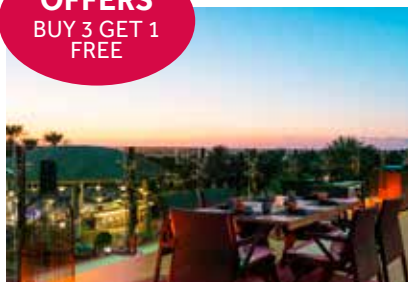
MoreCravings is your one-stop destination to discover a world of culinary inspiration and rich rewards. With over 350 restaurants and lounges across Marriott International's properties in the UAE, MoreCravings will guarantee your perfect culinary experience this al fresco season with everything from family-friendly brunches to classic fine dining brunches.

To see the full list of participating restaurants, visit MoreCravings.com/brunches. Check out below some of the participating restaurants in Dubai:

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FRIDAZE EVENING BRUNCH

Zengo, Le Royal Méridien Beach Resort & Spa

Zengo, the elegant Pan-Asian restaurant and lounge serving up exquisite dishes from the Orient, is spicing up the weekend nightlife scene with an irresistible new evening brunch.

Located at the stunning Le Royal Méridien Beach Resort and Spa, Zengo's Fridaze Evening Brunch launched on Friday 27th September, offering pleasure-seekers three hours of unlimited servings of hot and cold starters, mains and desserts, accompanied by a free-flowing menu of beverages.

The all-encompassing menu of exotic yet satisfying dishes begins with the Angry Zengo – a delicious roll with tuna, avocado and cucumber topped off with Sriracha sauce. Other starters include the delicious Spring Rolls or Chicken Satay, and for mains, diners can savour the delectable BBQ Lamb Ribs marinated in sesame and lime, Stir Fried Chicken Cashew and a heart-warming portion of Pumpkin Curry. For a sweet finish, the Lime Yuzu Cheesecake and Mango Lemongrass Sorbet dessert dishes are to-die-for! The eclectic brunch menu will continually change to ensure that guests are surprised with new flavours every time they visit.

DJ Darlyy will also take to the decks setting the mood with the hottest house and commercial beats to keep guests tapping their feet all evening long throughout the brunch. Post brunch, the party will continue as a Happy Hour kicks with drinks priced from just AED35 till 1am.

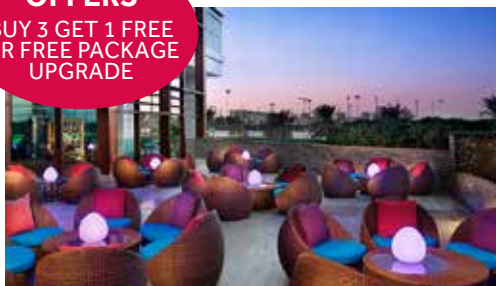
Brunch takes place every Friday from 8pm to 11pm and is priced at Dhs299 for ladies and 399 for gents.

Using MoreCravings.com, you can avail the 'buy 3 get 1 free' offer.

For more reservations, please call 04 316 5550.

OFFERS

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UPGRADE**

**B.Y.O.F
BRUNCH**

*Appaloosa
Bar, Marriott
Al Forsan,
Abu Dhabi*

The Bring Your Own Friends brunch offers a playful

interpretation to routine brunches, with a focus falling upon group bookings. Priced at a reasonable AED249 per person for four hours of unlimited sharing platters and beverages, the price drops to only AED222 per person when attending with a group of ten or above.

Aside to group benefits, the B.Y.O.F brunch will offer standout table-service with pub-grub, presented through three courses of platter selections, a popular live band throughout the day and grown-up games such as beer pong and pool.

Appaloosa also offers a trendy garden, with benches for outdoor seating in the cooler months overlooking the hotel's landscaped gardens and further afield to the sporting fields of Al Forsan International Sports Resort.

B.Y.O.F. Brunch at Appaloosa is served every Friday from 1pm – 5pm at Marriott Hotel Al Forsan, Abu Dhabi. The brunch is priced at AED249 per person with unlimited sharing platters and premium house beverage for four hours, for a group of ten and above, the brunch price is AED222 per person.

Using MoreCravings.com, you can avail the 'buy 3 get 1 free' offer, or a free package upgrade.

For more reservations, please call 02 201 4131.

**OFFERS**

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FREE**

FRIDAY TAPAS LUNCH & SATURDAY PAELLA FIESTA

El Sur, The Westin Dubai Mina Seyahi Beach Resort & Marina

You'll find all of Spain's signature dishes in this fabulous restaurant – from sharing plates (succulent calamari, patatas bravas, spicy meatballs and more) to seafood paella and fresh sea bass.

For the full Mediterranean experience, head to the outdoor terrace to bask in the sea breeze beneath swaying palm trees – what better location for a tapas feast?

Every Friday, delight in a tapas lunch from 12.30pm to 3.30pm, with prices starting from AED265 with soft beverages.

Every Saturday, El Sur hosts a Paella Fiesta from 12.30pm to 3.30pm, with prices starting from AED265 with soft beverages.

Using MoreCravings.com, you can avail the 'buy 3 get 1 free' offer.

For more reservations, please call 04 511 7434.

**OFFERS**

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UPGRADE**

MUCHA LUCHA

*Luchador Rooftop
Cantina & Lounge,
Aloft Palm Jumeirah*

The Mexican roof cantina and lounge, located on the 11th floor of Aloft Palm Jumeirah, serves up some of the most authentic Mexican cuisine and beverages in the UAE.

Featuring a private dining space and an expansive

rooftop terrace, guests are treated to 360 views of the Arabian Gulf, Dubai's iconic beaches and the extensive skyline.

Drawing inspiration from Mexico's most iconic and entertaining sport, Lucha Libre, the lively venue seeks to represent the energetic spirit of its namesake through its setting, menu and entertainment.

A resident DJ and live band further elevate the Latin American spirit.

The Mucha Lucha takes place every Friday from 12.30pm to 4pm, with packages starting from AED295.

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For more reservations, please call 04 247 5550.

**OFFERS**

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UPGRADE**

FIZZ FACTORY

Café Palmier, Le Royal Méridien Abu Dhabi

Café Palmier comes from the French word 'Palmier' for the 'palm tree', a palmier is a sweet puff pastry popular in most parts of Europe. This name especially suits the restaurant because of its connection to Arabian culture, where the palm is the best known and most extensively cultivated plant family. By establishing a link to the Middle East, Café Palmier's aim is to create a service philosophy that is modern and European, yet rooted in tradition.

Serving buffet breakfast, lunch and dinner, delight in a dimension of interactive cuisines, as our chefs create mouth-watering delicacies using fresh, seasonal produce and make the most of every moment.

Every Friday, don't miss Café Palmier's 'Fizz Factory' brunch from 1pm to 4pm, with packages starting from AED240.

Using MoreCravings.com, you can avail the 'buy 3 get 1 free' offer, or a free package upgrade.

For more reservations, please call 02 695 0413.



LA CANTINE DU FAUBOURG

RESTAURANT • BAR • LOUNGE

La Cantine du Faubourg is a not-to-be missed rendez-vous. If you haven't already been to this urban dining destination, here are some reasons to visit:

The concept

The concept relies on five key principles: food, sound, music, image and art. The dining space doubles as an art gallery, displaying works by some international most daring artists. Be ready for a multi-sensory experience.

The food

La Cantine du Faubourg offers a fresh menu showcasing a French modern cuisine. Executive Chef Gilles Bosquet has created the menu, with some 'must-try' dishes with a strong heritage of classic brasseries and influences from around the world.

The décor

It sets the stage for a chic experience. At once modern and refined, its garden-terrace, bars, salon-restaurant and pergola are distinguished by their subtle palette and natural materials, such as vegetation, see-through curtains, mirrors, marble and wood.

The music

Release the stress and let the music take over with our resident DJ! Join for a weekend of live entertainment and fun! Every Thursday and Friday night from 9 pm onwards and every Saturday at Brunch 105 from 12 pm.

The brunch

Since Brunch is all about family, friends and fantastic food, join Brunch 105 every Saturday from 12 pm to 6 pm.

Make the most of your weekends and try the Brunch delicacies, from the wide selection of pastries, eggs, signatures and sweets. Pick up the all-inclusive package of your choice starting from AED 265, including of mocktails, fresh juices, soft drinks & hot beverages. Be ready to enjoy a vibrant atmosphere with live entertainment and DJ and experience a chic Saturday afternoon.

Bon appétit!

Our rates are in AED, inclusive 5% VAT and subject to 7% Municipality fees.

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+971 43 527 105





Pastry snakes, p61

family

HALLOWEEN PARTY

Invite friends round, dig out your scariest costumes and have a spookily good time

recipes LULU GRIMES *photographs* WILL HEAP



Spider biscuits

Yes, spiders technically have more eyes – but our eight-legged creatures definitely look cuter than most.

MAKES 20 **PREP** 25 mins plus cooling and setting
COOK 12 mins **EASY** **V**

70g butter, softened
50g peanut butter
150g golden caster sugar
1 medium egg
1 tsp vanilla extract
180g plain flour
½ tsp bicarbonate of soda
20 peanut butter cups, Rolos or Maltesers
100g milk chocolate, chopped
icing eyes, or make your own

1 Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. Using an electric hand whisk, cream the butter, peanut butter and sugar together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, bicarb and ¼ tsp salt.

2 Scoop 18-20 tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading. Make a thumbprint in the centre of the cookies. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they'll harden a little as they cool. Leave to cool on the tray for a few mins before topping each biscuit with a peanut butter cup, Rolo or Malteser. Transfer to a wire rack to cool completely.

3 Heat the chocolate in the microwave in short bursts, or in a bowl set over a pan of simmering water, until just liquid. Scrape into a piping bag and leave to cool a little. Pipe the legs onto each spider, then stick two eyes on each. Leave to set. *Will keep for three days in an airtight container.*

PER SERVING 161 kcals • fat 7g • saturates 4g • carbs 21g • sugars 13g • fibre 1g
• protein 2g • salt 0.2g

Black cat cake

This cake can be frozen, un-iced, for up to two months, making it an ideal treat to prepare ahead of time.

SERVES 16 **PREP** 50 mins plus drying and cooling
COOK 1hr 40 mins **EASY** **V** * un-iced only

icing sugar, for dusting
100g each black and yellow or orange fondant icing
200g butter, cubed, plus extra for the tin
200g dark chocolate, chopped
1 tbsp instant coffee granules
170g plain flour
½ tsp bicarbonate of soda
400g golden caster sugar
30g cocoa powder
3 medium eggs
75ml milk
1 heart-shaped jelly sweet
Pocky sticks, Matchmakers or liquorice sticks
For the frosting
150g butter, very soft
330g icing sugar
60g cocoa powder
4 tbsp milk
100g dark chocolate

1 Lightly dust your work surface with icing sugar, then roll out a quarter of the black fondant icing to the thickness of a £1 coin. Cut out two triangles for the ears and leave to dry overnight.

2 Heat oven to 160C/140C fan/gas 3. Butter and line a 20cm round cake tin (about 7.5cm deep). Put the dark chocolate in a medium pan with the butter. Mix 1 tbsp coffee granules into 125ml cold water and add to the pan. Warm over a low heat until just melted – don't let it boil. Alternatively, melt in the microwave for about 5 mins, stirring halfway through.

3 Mix the flour, bicarb and sugar with the cocoa powder. Beat the eggs with the milk. Pour the melted chocolate mixture and the egg mixture into the flour mixture and stir everything together to make a smooth batter.

4 Pour the batter into the tin and bake for 1 hr 25-1 hr 35 mins until a skewer inserted into the centre of the cake comes out clean and the top feels firm (don't worry if it cracks a bit). Leave to cool in the tin for 30 mins – the top may sink a little as it cools – then turn out onto a rack to cool completely. Cut the cake horizontally into three.

5 To make the frosting, put the butter in a bowl and beat until light and fluffy. Gradually beat in the icing sugar and cocoa powder, then stir in enough milk to make the icing fluffy and spreadable. Sandwich the layers of the cake together using a small amount of frosting. Melt the chocolate in a microwave or small bowl set over a pan of simmering water, then stir it into the remaining frosting. Use the mixture to cover the sides and the top of the cake.

6 Stick the black fondant ears into the top of the cake. Cut out two yellow or orange fondant circles to make the eyes and use the black fondant to make the pupils. Stick these onto the cake and add a heart-shaped jelly sweet for the nose. Use Pocky sticks, Matchmakers or liquorice cut into lengths for the whiskers.

PER SERVING 575 kcals • fat 29g • saturates 17g • carbs 72g • sugars 61g • fibre 3g
• protein 6g • salt 0.6g





Halloween cupcakes

You'll need a sharp knife to cut the decorations. Kids can use small cookie cutters or an animal face cutter from lakeland.co.uk.

SERVES 12 PREP 1 hr plus cooling

COOK 25 mins EASY V

100g butter, cubed

100g plain chocolate

100g golden caster sugar

1 egg

½ tsp vanilla extract

125g self-raising flour

250g white fondant icing

500g mixed pack coloured fondant

You will need

paper cases

icing pens

icing eyes

1 Heat oven to 160C/140C fan/gas 3. Line a 12-hole cupcake tin with paper cases. Gently melt the butter, chocolate, sugar and 100ml hot water together in a large saucepan, stirring occasionally. Set aside to cool a little.

2 Stir the eggs and vanilla into the chocolate mixture. Put the flour in a large mixing bowl, then add the chocolate mixture and stir until smooth. Divide the mixture evenly between the paper cases; they should be about three-quarters full. Bake on a low shelf in the oven for 20-22 mins. Press on the cupcakes to check if they're cooked; the tops should spring back. Remove from the oven and leave to cool.

3 Use the image on the opposite page as a guide to decorating the cupcakes. Packet fondant can often be quite sticky; if yours is, pat walnut-sized lumps of fondant over the surface of each cake, rather than trying to roll it all out. Knead yellow and red fondant together to make orange icing. Make extra decorations, like hair and mouths, out of fondant and stick them on using a little water. Use the icing pens to draw lines in the fondant. Add icing eyes wherever you like.

PER CUPCAKE 183 kcals • fat 10g • saturates 6g • carbs 21g • sugars 13g • fibre 1g • protein 2g • salt 0.3g



Pastry snakes

Keep flavours interesting by coating your snakes with a variety of seeds.

SERVES 20 PREP 27 mins

COOK 14 mins EASY V

320g pack ready-rolled puff pastry

50g grated parmesan

or vegetarian alternative

flour, for dusting

1 egg, beaten

poppy seeds, nigella seeds, sesame

seeds or celery seeds, to decorate

black or green peppercorns

1 Heat the oven to 220C/200C fan/gas 7. Unroll the pastry and top with a couple of handfuls of parmesan, then fold in half. On a lightly floured surface, roll the pastry out to a thickness of 2mm. Cut into 1cm strips, then twist each strip several times to form a snake.

2 Lay out the snakes on a baking sheet, then brush each one with egg and sprinkle with more cheese. To decorate, scatter over the seeds. Flatten one end of each snake and press in two peppercorns for eyes. Bake for 12-14 mins, or until golden. Leave to cool. *Will keep for two days in an airtight container.*

PER SERVING 77 kcals • fat 5g • saturates 3g • carbs 5g • sugars none • fibre none • protein 2g • salt 0.2g



Pumpkin spice scones

These lightly spiced scones are best served warm, topped generously with butter or cream cheese.

MAKES 25 **PREP** 15 mins **COOK** 12 mins **EASY** **V**

450g self-raising flour,
plus extra for rolling
100g cold butter
50g golden caster sugar
1-2 tsp pumpkin spice
(or mix ½ tsp cinnamon, ¼ tsp
ginger, a good grind of nutmeg
and a pinch of allspice)
200g cooked pumpkin
80-100ml milk
butter or cream cheese flavoured
with a pinch of cinnamon, to serve

1 Heat oven to 220C/200C fan/
gas 7. Put the flour in a bowl
and coarsely grate in the butter
(dipping the butter into the
flour can make it easier to grate;
do this as often as you need).
Use a butter knife to stir the
butter into the flour, then mix
in the sugar and spice.
2 Add the pumpkin and 80ml
milk to the flour mixture and
quickly stir everything together.
Add more milk if you need to.

3 Tip the mixture onto a floured
surface and lightly bring together
with your hands a couple of times.
Roll out until 4cm thick and stamp
out rounds with a 7cm cutter.
Re-shape the trimmings until all
the dough has been used. Place the
rounds on a lightly floured baking
sheet and brush the tops with any
remaining milk. Bake for 10-12 mins
until risen and lightly browned.

PER Scone 107 kcs • fat 4g • saturates 2g •
carbs 16g • sugars 2g • fibre 1g • protein 2g • salt 0.2g





Chocolate-covered Halloween pretzels

Turn pretzels into a sweet, salty and spooky treat with some melted chocolate. You could also add coloured sprinkles, if you like.

SERVES 15 **PREP** 15 mins plus setting
COOK 5 mins **EASY** V

100g white chocolate chips
100g dark chocolate chips
100g milk chocolate chips
200g giant pretzels
edible eyes (available in the baking aisle), or make your own

1 Melt each batch of chocolate chips in separate bowls, either in the microwave or set over a pan of simmering water. If melting in the microwave, heat each batch on high in 30-second bursts. Leave to cool until thick.

2 Dip a third of the pretzels into the white chocolate, a third of the pretzels into the dark chocolate and the remaining pretzels into the milk chocolate, then lay them all out on a sheet of baking parchment.

3 Add edible eyes to each pretzel (three eyes looks extra spooky). Leave to set, then peel carefully off the paper. *Will keep in an airtight container for up to a week.*

PER SERVING 158 kcal • fat 7g • saturates 4g •
carbs 20g • sugars 9g • fibre 1g • protein 3g • salt 0.6g



Fancy throwing a dinner party with a twist? Our exclusive, free murder mystery game is the perfect option. Ideal for a grown-up Halloween celebration or a fun evening in with friends. Visit bbcgoodfood.com/howto/guide/murder-mystery-game-murder-menu

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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



ONE FOR THE CAKE TIN

Rainbow zebra cake, p52



TOM KERRIDGE

Birthday menu for friends, p54



DIANA HENRY
OLIVE OIL
INGREDIENT
FOCUS, p60



Rainbow ZEBRA CAKE

Surprise your guests with this colourful showstopping party cake

recipe ESTHER CLARK photograph MAJA SMEND

Celebrate our 12th birthday with us! Make our rippled rainbow sponge, ice it with a simple vanilla and cream cheese buttercream, then top with a flurry of coloured sprinkles for a kitsch festive finish.

SERVES 12 **PREP** 50 mins
COOK 30 mins **EASY** V

375g salted butter, softened, plus extra for the tin
375g golden caster sugar
6 large eggs, at room temperature
375g self-raising flour
1½ tsp baking powder
150ml milk
blue and pink food colouring (see tip, right)

sprinkles, to decorate

For the icing

250g salted butter, softened
400g icing sugar, sifted
1 vanilla pod, seeds scraped out
100g full-fat cream cheese

1 Heat the oven to 180C/160C fan/gas 4. Butter and line three 20cm loose-bottomed sandwich cake tins with baking parchment.

2 To make the sponge, beat the butter and sugar together in a stand mixer or using an electric hand whisk for 5-8 mins or until light and fluffy. Whisk in the eggs, one at a time, beating well after each addition. Fold in the flour, baking powder and milk to loosen. Divide the mixture between three mixing bowls, weighing for accuracy if you

like. Colour one of the batters blue and another pink, starting with a little colouring, then adding more for a deeper finish (see step-by-step pics, right). Leave one of the bowls of batter uncoloured.

3 Get the three cake tins and bowls of batter ready in front of you. Spoon a heaped tablespoon of blue batter into the centre of the first tin, then pink in the second, and plain in the third. Working quickly so that it doesn't spread too much, add another dollop of a different coloured batter on top of each one (see step-by-step pics, right). Don't wait for the batter to settle or spread, just keep alternating the colours until you run out. The weight of each layer will cause the batter to spread as you go, so very gently tap and shake the cake tins to even out the mixture, then bake in the centre of the oven for 25-30 mins or until firm to the touch. Turn out top-side down onto wire racks straightaway, then leave to cool completely.

4 For the icing, put the butter, icing sugar and vanilla seeds into a stand mixer fitted with the paddle attachment or put in a bowl and use an electric whisk. Beat for 5 mins or until fluffy and aerated. Add the cream cheese and beat briefly until just combined.

5 Place one of the cakes on a cake stand or serving plate and spread 2 tbsp of the buttercream on top, then repeat with the other sponges. Spread a smooth layer of the icing over the top and sides of the cake,

using a large palette knife, leaving some slightly less iced spots for a 'naked' finish. Top with sprinkles and candles, if you like. Will keep in an airtight tin for three days.

PER SERVING (16) 620 kJ • fat 36g • saturates 22g • carbs 87g • sugars 49g • fibre 1g • protein 6g • salt 1.1g

gf tip

For brighter, more defined ripples use concentrated food colouring pastes rather than the weaker liquid ones.

STEP-BY-STEP ASSEMBLING THE MIXTURE



1 Divide the mixture between three bowls and dye one a deep blue, the other a dark pink and keep the third bowl undyed.



2 Dollop a spoonful of mixture into the centre of each tin, using a different colour in each, then top with alternate colours.



3 Keep alternating the mixtures, still working from the centre, until it's all been used up.



4 Very gently tap and shake the tins to spread the mixture out evenly.



TOM KERRIDGE

BIRTHDAY MENU FOR FRIENDS

Contributing editor **Tom Kerridge** cooks the dishes that have meant the most to him over his career

photographs MELISSA REYNOLDS-JAMES

A very happy birthday Good Food! I'm immensely proud to be part of everything you guys do. I've been cooking for about 30 years. These have been some of the most exciting times we've ever seen in British cooking – it's been nothing short of a food revolution. That said, some dishes are timeless classics and have stayed with me over my career, and these are the dishes I've chosen to celebrate this milestone. So cheers, and here's to another 30 years of cooking for all of us!

Tom x



🐦 📷 @ChefTomKerridge

Chicken liver parfait, p58

Beef ragout with hand-cut pappardelle, p56

Autumn vegetable salad with saffron dressing, p56

BIRTHDAY MENU

FOR 6

Chicken liver parfait

Beef ragout with
hand-cut pappardelle
Autumn vegetable salad,
with saffron dressing

Classic bread &
butter pudding

Beef ragout

Bolognese, for me, is a true part of growing up. Although this recipe is a bit more 'me of today', the essence still makes me think of my mum's after-school meals.

SERVES 6-8 **PREP** 25 mins

COOK 3 hrs 30 mins

MORE EFFORT ✨

1.2kg beef shin, cut into chunks
4-5 tbsp olive oil
2 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
4 garlic cloves, sliced
3 tbsp tomato purée
400ml red wine
2 rosemary sprigs
2 bay leaves
2 x 400g cans chopped tomatoes
500ml beef stock
75g parmesan, grated, and
pappardelle (see right), to serve

1 Heat the oven to 160C/140C fan/gas 3 and season the beef all over. Heat 1 tbsp oil in a flameproof casserole over a medium-high heat and brown the beef until dark, about 15 mins, in batches if you need to, using 1 tbsp oil for each batch. Drain the beef in a colander to remove the fat while you cook the rest.

2 Wipe out the pan with kitchen paper, then add about 2 tbsp oil, the onions, carrots, celery and garlic with a pinch of salt and cook for 8-10 mins over a low-medium heat. Stir in the tomato purée and cook for a further 3 mins. Add the wine, herbs, tomatoes and stock, season and bring to the boil, stir the beef back into the sauce and reduce to a simmer. Cover and put in the oven for 2½ hrs, then remove the lid, stir and put back in the oven, uncovered, for 30 mins. Stir or use a fork to roughly shred the beef, and season. Serve now, or chill until serving – it tastes better if made a day ahead.

3 When ready to serve, gently reheat the ragout over a medium heat. Cook the pasta in a large pan of salted water for 3 mins, drain then tip into the ragout, toss together with some of the parmesan and leave for 1 min. Ladle the pasta into bowls, scatter over the remaining parmesan and serve.

GOOD TO KNOW 2 of 5-a-day

PER SERVING 396 kcal • fat 20g • saturates 6g • carbs 9g • sugars 8g • fibre 3g • protein 34g • salt 0.2g

Hand-cut pappardelle

Marco Pierre White's cookbook White Heat had a huge influence on my early career and was the first time I saw chefs making their own pasta, a skill I set out to master.

SERVES 6-8 **PREP** 1 hr plus 1 hr chilling

COOK 5 mins **MORE EFFORT** V

750g '00' pasta flour
5 whole large eggs and 6 large egg yolks, both lightly beaten
semolina flour, for dusting
You will need
a pasta machine

1 Tip the '00' flour into a large food processor with a pinch of salt and the beaten eggs and yolks. Pulse in short bursts, being careful not to overheat the motor, and scrape the sides with a spatula between pulses to incorporate any dry flour. Stop pulsing when the mixture has come together in even crumbs. Tip onto a work surface and knead for 5-10 mins until you have a smooth, firm dough. If it's very dry, you may need to add a splash of water to bring it together. Shape into a ball, wrap and chill for at least 1 hr and up to two days.

2 Keeping the rest of the dough well covered, roll a quarter into a rectangle that will fit through the widest setting on your pasta machine. Pass the dough through the machine, reducing the width down to level three. This means it won't be super thin, but will have a nice bite to it when cooked.

3 Unfold the dough onto a work surface dusted with semolina. Cut it into smaller 25cm sheets, then cut each of the sheets lengthways into 2.5cm-thick pappardelle strips. Toss the strips in semolina. Repeat the rolling and cutting with the remaining dough, a quarter at a time. Once all cut, leave to dry for a few mins on a parchment-lined tray generously dusted with semolina – this will make it easier to handle. To cook the pasta and serve, see step 3 of the beef ragout recipe, left.

GOOD TO KNOW calcium

PER SERVING (8) 478 kcal • fat 11g • saturates 4g • carbs 73g • sugars 1g • fibre 4g • protein 20g • salt 0.3g

Autumn vegetable salad with saffron dressing

I learnt to make this seasonal salad at one of the first Michelin-starred kitchens I worked in, but every ingredient was labour-intensively finely diced to make it perfectly the same size.

SERVES 6 as a side **PREP** 35 mins

COOK 15 mins **EASY** V

12 rainbow carrots, tops left on, washed and peeled
1 medium courgette, sliced
8 stalks long-stem broccoli, any thick stalks halved lengthways
1 tbsp rapeseed oil
100g mixed cherry tomatoes, halved
4 spring onions, thinly sliced at an angle
3 plum tomatoes, scored, blanched, peeled, deseeded and cut into small pieces
handful black olives, stoned and sliced
½ cucumber, cut lengthways, seeds removed and sliced at the angle
3 tbsp roughly chopped basil
For the dressing
20ml cider vinegar
½ tsp Dijon mustard
pinch saffron strands
1 tsp caster sugar
50ml extra virgin rapeseed oil
1 small shallot, finely chopped

1 Heat a griddle pan over a medium high heat. Tip the carrots, courgettes and broccoli into a large mixing bowl, lightly season and toss together with the rapeseed oil. Once the griddle is hot, add the vegetables in batches and leave to slightly char for around 3-4 mins, then transfer back to the bowl. When all the veg is charred, add the remaining salad ingredients, toss together and set aside.

2 To make the saffron dressing whisk the vinegar, mustard, saffron and sugar together in a bowl with a pinch of salt until the sugar has dissolved. Whisk in the oil gradually, then stir in the shallots. Dress the salad and serve.

GOOD TO KNOW vegan • healthy • vit c •

3 of 5-a-day • gluten free

PER SERVING 167 kcal • fat 12g • saturates 1g • carbs 9g • sugars 8g • fibre 5g • protein 3g • salt 0.2g



Classic bread & butter pudding, p58

Chicken liver parfait

Some sort of liver parfait has been on the menu at every place I've worked at and has been a staple at The Hand and Flowers since day one. How I make it has changed massively over the years as things have gotten more technical in the professional kitchen, but I've gone back to my roots with this recipe which will still give you a perfectly smooth parfait without all the gadgets we use today.

SERVES 6 **PREP** 20 mins plus 2 hrs chilling **COOK** 10 mins
MORE EFFORT ✨

100ml red wine
1 tbsp brandy
1 shallot, sliced
2 garlic cloves, grated
2 tbsp sunflower oil
400g chicken livers
2 tsp fresh thyme leaves
50ml double cream
200g unsalted butter, melted

100ml clarified butter, melted, to top (see tip, below)

6 thick slices of brioche
chutney to serve (we use an orange chutney in The Hand and Flowers)

1 Tip the wine, brandy, shallots and garlic into a saucepan, bring to the boil and simmer until most of the liquid has reduced, about 3-5 mins, then set aside to cool. Meanwhile, heat half the oil in a large frying pan. Once hot, add half of the livers and sear them for 1 min on each side so they are brown on the outside but still rosy in the middle. Tip into a colander with a bowl underneath to catch any leftover fat. Repeat with the remaining livers and oil.

2 Tip the livers into a food processor along with the cooled red wine and shallot mix. Add half the thyme leaves, all the cream and melted butter. Blend to a fine purée and season generously, then pour into a jar, pot or six individual ramekins. Transfer to the fridge to set for 2 hrs.

3 Once the parfait has set, sprinkle with the remaining thyme leaves and spoon over a thin layer of melted clarified butter and put back in the fridge to set the butter. *Can be made up to two days ahead and chilled.* To serve, toast the brioche and serve with the parfait and a separate pot of chutney for everyone to help themselves.

GOOD TO KNOW folate • iron
PER SERVING 751 kcal • fat 58g • saturates 33g • carbs 34g • sugars 8g • fibre 1g • protein 18g • salt 0.8g

gf tip

To make your own clarified butter, warm 160g unsalted butter in a pan over a low heat to melt. Leave to cool and settle for a minute, then pour or spoon off the golden clarified butter from the top, leaving the milk solids in the pan.

Classic bread & butter pudding

I've loved bread and butter pudding since childhood, and mastered the art of making it during my time spent working with Gary Rhodes. Cooking the pudding in a water bath makes the texture soft and creamy with a contrast of a caramelised crust leaving you wanting more.

SERVES 6 **PREP** 20 mins plus standing **COOK** 25 mins **EASY** V ✨

600ml double cream
8 large egg yolks
175g caster sugar, plus extra to top the pudding
16 slices white bread, crusts removed
75g unsalted butter, softened for spreading
100g raisins
¼-½ whole nutmeg, for grating
ice cream, to serve (optional)

1 Heat the cream in a pan until boiling. Meanwhile, whisk the egg yolks and sugar together in a large bowl with an electric hand whisk until light and fluffy, about 3-5 mins. Pour the hot cream over the eggs, whisking continuously, and when everything is mixed, set aside.

2 Spread the bread with the butter, and cut into triangles. Arrange in a shallow baking dish, about 20 x 26 x 5cm, buttered side up, in three layers, sprinkling the raisins and finely grating some nutmeg over the bottom two layers and leaving the top layer clear. Pour over the warm custard, lightly pressing the bread down with your fingers to help it soak in. Leave to stand for at least 20 mins before cooking. *Can be prepared up to this stage several hours ahead, chilled and cooked when needed.*

3 Heat the oven to 180C/160C fan/gas 4. Sit the dish in a large roasting tin and pour a kettleful of hot water

into the roasting tin so it comes three-quarters of the way up the outside of the dish. Bake in the oven for 20-25 mins until the custard is just set.

4 Remove the pudding from its water bath and scatter the top liberally with more sugar. Caramelize the top under a hot grill or with a blowtorch – take it really far (a few burnt edges add to the flavour), but be careful it doesn't catch. Leave the pudding to rest for 5 mins, then serve with your favourite ice cream – I like bitter orange marmalade ice cream

PER SERVING (8) 743 kcal • fat 54g • saturates 32g • carbs 53g • sugars 33g • fibre 2g • protein 9g • salt 0.5g

BURGER, LOBSTER OR BOTH?

DIFC-based hotspot, Burger & Lobster has launched a mouthwatering new menu. Here's what's on offer...

Authenticity and originality is the coup of all legendary icons and Burger & Lobster has its own uniqueness, albeit in mouthwatering signature staples on their menu. With a simple yet irresistible menu featuring a juicy burger, fresh lobster and a lobster roll; Burger & Lobster will satisfy all your beverage and burger cravings in a fun, lively ambience. Bite into Burger and Lobster's real OG's which includes the 80Z Original Burger, The Original Lobster and The Original Roll – these B&L classics are not to be missed.

If you have ever dreamt of a hand-held meat heaven on a bun, their Original Burger is the one for you – a thick, juicy beef patty topped with lettuce, tomato, house made pickles and B&L's secret burger sauce (which will keep you coming back for more!). Seafood lovers can't miss out on The Original, a fresh 1.5LB Canadian lobster juicy and tender to taste. Depending on your level of hunger, have it grilled or steamed and submerge into divine claw goodness while you savour

this decadent serving of delicious opulence served with their famous lemon and garlic butter sauce alongside fries and salad. To get the best of both worlds, have their melt-in-your-mouth Original Roll prepared with overflowing chunks of claw meat tossed in creamy Japanese mayo and topped with chives, served in their signature buttery brioche roll.

For those who want to try something a little more adventurous, there's plenty of options on the mouth-watering menu. From a forkful of Malaysian Lobster Casserole to a bite of the delightfully spicy Hot Mama Burger, there's a wide range of flavours on the menu just waiting to be washed down with a Salted Caramel milkshake or a pint of your favourite hop. Whether you fancy burgers, or lobsters, or both; the Burger & Lobster Originals are sure to satiate your lunchtime, cheeky weekend and post-work yearnings. Just make sure to plan a long walk back home!

Burger & lobster.

Burger & Lobster, Burj Daman, DIFC

Call: 04 5148838

E-mail: reservations@burgerandlobsterdubai.com

@burgerandlobsterdubai

Open daily

Sun, Mon, Tues, Weds,
Sat: 12 noon –
12 midnight. Thurs &
Fri: 12noon – 2am.



DIANA HENRY

OLIVE OIL INGREDIENT FOCUS

Diana Henry celebrates olive oil with three recipes using the storeboard staple

photographs MELISSA REYNOLDS-JAMES

Last year someone on Twitter posed one of those questions that provokes an endless thread, strong feelings, even arguments. All they did was ask this: if you could have only one fat for the rest of your life, would you go for olive oil or butter? They're both glorious, mouth-filling and rich, but they couldn't be more different. If you're British – and over 50 – you probably didn't grow up with olive oil at all, except on foreign holidays, but once we discovered it we embraced it with the fervour of converts. My first experience of it was in France, on one of those life-altering teenage trips. At home we used sunflower oil for everything, including vinaigrette, which we made by shaking the ingredients in a jar. I can still remember the taste, a little too acidic, with a fat that had a flavour so lacking it felt as if it was simply an absence. Dijon mustard, salt and a pinch of sugar basically carried our vinaigrette.

In France my exchange partner made vinaigrette in the salad bowl, just before she added the leaves. The components were the same but the extra virgin olive oil that Clothilde whisked in with a fork was what made all the difference. It came from Provence, and it tasted fruity – there was something in it that reminded me of figs – and ever so slightly 'hot' (there can be something akin to radish leaves in the flavour of an olive oil). Flavour is the thing to look for when buying. I usually have three bottles of extra virgin olive oil – the oil that comes from the first pressing of the olives – on the go. There's a general bottle of blended oil from Spain or Greece (I'd use a Provencal one if I could get it

more easily but supermarkets don't generally stock them) for vinaigrettes, salsa verde, pesto, anything where the nuances of a more characterful oil would be overwhelmed. I try to get something that isn't too strong in character (I never use extra virgin oils from Tuscany, for example, as I find them too bitter). Two bottles of single estate extra virgin olive oil sit alongside this general one. These come from a specific producer and I often use them neat, pouring them onto hot fish, green beans or tomatoes that have such a good balance of sweetness and acidity that I won't need to use lemon or vinegar. Some people call these 'finishing' oils but I think that diminishes them slightly. With something as simple as fish or vegetables the olive oil is fundamental to the dish.

The best way to taste olive oils is to drizzle them on bread and sprinkle with a little salt. If you can, try before you buy – some places offer tastings – to see what suits you. What I like may be different to what you like, and an extra virgin olive oil can become the soul of a dish.



Good Food contributing editor Diana Henry is an award-winning food writer. Her new book, *From the Oven to the Table* (Dhs115, Mitchell Beazley), is out now.

  @dianahenryfood



Lamb chops with chilli &
Ligurian broad bean pesto, p62

Lamb chops with chilli & Ligurian broad bean pesto

The 'pesto' here is called salsa maro and comes from Liguria in Italy. I serve a thicker version on crostini but I make it into more of a purée, by adding a little water, for roast lamb or lamb chops. I like the chops here slightly spiced with chilli but you can leave that out if you prefer.

SERVES 6 **PREP** 40 mins plus a few hrs marinating **COOK** 20 mins **MORE EFFORT**

12 lamb cutlets, the bones well scraped so they're neat (you can ask your butcher to do this for you)

3 tbsp olive oil

½ lemon, juiced, plus wedges to serve

6 tsp chilli flakes (use less if you prefer less heat)

For the pesto

400g (podded weight, about 1.4kg unpodded) broad beans

2 garlic cloves, chopped

8 mint sprigs, leaves picked and torn, plus extra to serve

8 anchovy fillets, chopped

½ small fennel bulb

120-150ml extra virgin olive oil, plus

2 tbsp and extra to serve

2 tbsp pecorino, grated

½ lemon, juiced or to taste

1 Put the chops in a large bowl with the olive oil, lemon juice, chilli and some black pepper. Turn them with your hands, cover and put in the fridge to marinate for a few hours.

2 Shell the broad beans and cook them in boiling water for 2-3 mins until tender. Drain and rinse in cold water. Slip each bean out of its skin, put them in the bowl of a food processor and add the garlic, mint and anchovy fillets. Remove any fronds from the fennel and set them aside with the tips. Take off any coarse outer layer, split the fennel in half and remove the hard core from each piece. Discard these. Chop the flesh and the reserved fennel trimmings. Heat 2 tbsp of the oil in a small frying pan and fry the fennel flesh gently for 10 mins until soft.

3 Tip the fennel into the food processor along with the cheese and a little seasoning. Blitz to a purée while pouring in 120ml of the olive

oil. Taste and add the lemon juice.

You might find you want a bit more olive oil as well, or a little water to produce a thinner consistency.

Remember to season again if you add water. Scrape the purée into a bowl and keep covered in the fridge until you're ready to serve, but let it come to room temperature before you cook the chops.

4 Take the chops out of the fridge and bring to room temperature. Heat a griddle pan over a high heat. Lift the chops out of the marinade and, when the pan is really hot, cook until well coloured on each side, seasoning as you go. Press the meaty bit down so that they get good griddle marks. The chops should be pink in the middle when you serve them – they only take 1½ mins on each side as they're so small. Do this in batches if you need to.

5 Serve the chops on top of the purée with some mint scattered over, any reserved fennel fonds, a drizzle of extra virgin olive oil and some lemon wedges on the side.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 681 kcals • fat 58g • saturates 19g •
carbs 5g • sugars 1g • fibre 6g • protein 31g • salt 1.3g

Roast sugar snaps & green beans with tonnato dressing

Tonnato is a great dressing. Italians usually serve it with roast veal or poached chicken, but I love it on vegetables and with baked fish. I first had it with roast beans at one of American chef Joshua McFadden's restaurants. He uses the tonnato as a dip but I prefer it as a dressing.

SERVES 6 as a side **PREP** 20 mins plus soaking **COOK** 10 mins **EASY**

600g mix of sugar snaps and green beans, topped but not tailed

1½ tbsp extra virgin olive oil
small handful flat leaf parsley, very finely chopped

For the tonnato dressing

70g tuna, drained weight

4 anchovies, drained and chopped

1 large garlic clove, finely chopped

¾ tsp Dijon mustard

2 medium egg yolks

75ml extra virgin olive oil (a fruity one) or a mixture of extra virgin oil and groundnut oil

1-1½ tsp white wine vinegar

a squeeze of lemon juice

1 tbsp capers, rinsed and soaked in hot water for 30 mins, then drained

1 Heat the oven to 220C/200C fan/gas 7. For the dressing, put the tuna, anchovies, garlic, Dijon, egg yolks, some black pepper and a little salt in a food processor. Blitz while slowly adding the oil, a drop at a time,

letting the mixture thicken between each addition. Add the vinegar, taste and add however much lemon you think it needs. Stir in the capers.

The mixture shouldn't be as thick as mayonnaise – you should be able to drizzle it. If it's too thick, whisk in water 1 tsp at a time to loosen.

2 Put the beans onto one or two baking trays where they can lie in a single layer. Add the olive oil, toss with your hands and roast for 8 mins. Put some of the tonnato dressing on a platter, then spoon the beans on top. Drizzle with more of the dressing and scatter over the parsley. Offer the rest of the dressing on the side.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 220 kcals • fat 19g • saturates 3g •
carbs 4g • sugars 3g • fibre 3g • protein 8g • salt 0.7g



Olive oil cake

This cake, from Alice Waters' Chez Panisse restaurant, is light and fragrant but rich at the same time. It's good served with sliced peaches or nectarines, and whipped cream, or with baked fruit and a muscat ice cream.

SERVES 8-10 **PREP** 20 mins plus
10 mins resting and cooling
COOK 1 hr **MORE EFFORT** **V**

butter, for the tin
225g plain flour, sifted, plus extra
for the tin
5 eggs, plus 2 extra egg whites
225g caster sugar
125ml extra virgin olive oil
125ml orange syrup
1 lemon, finely zested
1 orange, finely zested
icing sugar, for dusting
sliced peaches and whipped cream,
to serve (optional)

1 Butter the base, line and flour a 22cm springform cake tin. Heat the oven to 180C/160C fan/gas 4.

2 Separate the eggs and beat the yolks with half the caster sugar using an electric whisk until the mixture is pale and thick, about 5-8 mins. Gradually add the olive oil and orange syrup, pouring them in a steady stream. Add the grated zests. Using a large metal spoon, fold in the flour and $\frac{1}{4}$ tsp salt.

3 Beat the egg whites in a clean bowl until they form soft peaks, then add the rest of the sugar and continue beating until they form stiff peaks. Fold the whites into the egg and flour mixture and scrape into the cake tin. Bake for 20 mins, then turn down to 150C/130C fan/gas 2 and bake for another 30 mins. Turn the oven off, cover the cake with a round of buttered parchment and leave in the oven for another 10 mins. Remove and let the cake cool in its tin. Once it's cool, carefully turn the cake out, dust the surface with icing sugar and serve with peaches and cream, if you like.

PER SERVING (10) 366 kJals • fat 15g • saturates 3g •
carbs 43g • sugars 25g • fibre 1g • protein 6g • salt 0.2g



Time for tapas

Bebemos, a brand-new Spanish dining concept has opened at Le Méridien Dubai Hotel and Conference Centre, bringing with it the famous culinary tradition of tapas to Dubai



flavours with the country's extraordinary artistic heritage. A similar rationale is evident across Bebemos' decor, with splashes of vibrant colours inspired from artist Joan Miro modernist sensibilities that co-habits in perfect harmony with raw brick walls and fluid arches, highlighting the artistic and neo-modern duality of Spanish culture.

The dining philosophy at Bebemos is a nod to the Spanish lifestyle, more inclined towards Barcelona, and will stay true to Las Tapas culture of socializing, sharing food amid friendly banter and sangrias. Exhibiting a deep understanding of authentic Spanish flavours is Chef Marc Mañosa who leads the kitchen at the restaurant as Head Chef. Having spent the formative years of his culinary journey working across Barcelona's restaurants, Chef Marc's culinary style is rooted in the city's vibrant culture, and his culinary creations beautifully express the city's unique vibe. To keep the offerings as authentic as the tapa served in mainland Spain, Chef Marc uses speciality ingredients in Bebemos, including Bomba rice, Ñora peppers, among many others sourced directly from Spain. The menu is as authentic as it is creative and features exotic favourites ranging from North Spain's seafood-focused cuisine to assorted roast meat specialities from Central Spain. Home to a large live paella grill, diners at Bebemos can take their pick from five different types of paellas, with proteins ranging from assorted seafood to crustaceans as well as chicken and artichokes.

"With the launch of this tapas bar, Le Meridien Dubai Village is adding more fun and energy to its varied dining experiences. Bebemos will offer great food and beverages, vibrant ambience and great entertainment," says Carlo Javakhia, Executive Assistant Manager at Le Méridien Dubai Hotel and Conference Centre.

Serving as a trend-setting leader within the hospitality industry, Le Méridien Dubai Hotel and Conference Centre has evolved over the years and is now a culinary destination, with its boastful portfolio of 18 distinctive restaurants. Adding another feather to its proverbial Food and Beverage cap, the hotel recently introduced its newest dining spot, Bebemos.

Steering clear from Spanish clichés of bullfighting, flamenco and castanets, Bebemos brings Spain's most famous culinary tradition of tapas and wide-ranging, authentic Spanish cuisine to its patrons in Dubai.

Taking references from a culture that is renowned for its culinary vibrancy and relaxed way of life, Bebemos marries robust Spanish



SKYLAND

Situated on the 31st floor of the *Stella Di Mare Hotel*, *Skyland* is one of the few rooftop bars offering unparalleled 360-degree views of the Dubai Marina. All-round glass walls protect from the vagaries of the weather, while providing stunning views of the city skyline all year round.

In addition to its signature drinks, *Skyland* is sure to whet the appetite with mouth-watering dishes, fresh sushi and unlimited gourmet bites. With DJs on the decks playing jams long into the night, *Skyland* is the ideal place to enjoy sundowners, dancing, partying or wherever the mood takes you.

health

Delicious recipes and top tips for staying in shape



■ Health news, page 68



■ Eat well meal plan, page 74

3 money-saving suppers

■ thrifty health, page 70



health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



Introducing locally-brewed Kombucha brand, Saba Kombucha

Kombucha, the fermented tea drink that is packed with probiotics has witnessed a rise in popularity. UAE health enthusiasts will be pleased to hear that homegrown brand Saba Kombucha, has launched and is now available online and in select stores across the country.

Brewed locally in Dubai, Saba Kombucha is infused with probiotics and electrifying enzymes – it's a fermented tea that is jam packed with nutrients that are 100% raw, organic, low in sugar and unpasteurized.

"Our body needs good bacteria, which can be killed during pasteurization. This is why all Saba Kombucha drinks are left unpasteurized to keep all probiotics and good bacteria intact, to support digestion and whole body balance. Our Kombucha has been specially brewed for this market using a unique technique to make it compliant with F&B laws and regulations in the UAE," says Vincent Vandenabeele, founder of Saba Kombucha.

The all-natural brewed beverage is also known to provide ample health benefits such as strengthening the immune system, aiding weight loss, reducing toxins in the liver, protecting the body against harmful bacteria and improving digestion and gut health.

All Saba Kombucha's fermented tea contains a range of organic herbs, handpicked from a French herboriste and have a perfect balance of sweet and sour taste that tingles the taste bud just the right way. Saba Kombucha can be purchased from Kibsons online and all Organic Cafes in the UAE, including Spinneys and Waitrose supermarkets. Visit sabakombucha.ae.

Bounty Beets Market makes debut



Set to launch on October 8, 2019, the Bounty Beets Market will run weekly on Tuesdays on the terrace at Le Meridien Mina Seyahi, supporting the UAE's favourite homegrown brands whilst adding an immersive element to Bounty Beets' Up Beet Ladies' Night.

Taking place every Tuesday from 5pm to 9pm, guests are invited to catch the sunset and browse the pop-up stalls. From 6pm to 10pm, ladies can also embark on a 'guilt-free' ladies'

night with Up Beet – the self-proclaimed 'healthiest ladies' night in town'. The offer includes all-you-can-eat from the 100% gluten-free and pun-tastic Up Beet menu, alongside a drink package of choice.

The Beat It package, priced at Dhs99, offers ladies four-hours of unlimited healthy bites and a refreshment of choice and the Up Beet package also includes unlimited organic grape and selected cocktails for Dhs199.

The Bay's veg-based menu for October



The Bay at Mandarin Oriental Jumeira, Dubai is offering healthier choices for diners this month with its all-new vegetarian menu. The animal-free menu includes nutritious options from Kale Salad and Vegan Poke Bowl to Zucchini Noodles and Gnocchi. The menu also includes healthy desserts like Mixed Berries Pavlova, Tart Renversée Agrume and the signature Exotic, made Coconut Mousse and Passion Fruit Crèmeux. Call +971 4 777 2233 or e-mail thebayreservations@mohg.com



New vegetarian and gluten-free dishes added to COYA's lunch menu

COYA Dubai has updated its lunch menu to include more light and healthy dishes, including vegetarian and gluten-free options. Available from Sunday – Thursday at 12.30pm – 3.30pm, the menu draws inspiration from traditions of Peruvian cooking and hospitality along with Asian influences, seasonal ingredients, and a light slant for the midday meal.

COYA's set lunch delivers three dishes for Dhs130 per guest, plus tax and municipality fees. Whether for a business lunch or an informal catch-up among friends, the set lunch menu welcomes guests with a choice of two initial dishes, drawing from COYA's signatures including Salmón Nikkei, a delicious ceviche, and Anticuchos de Pollo, marinated chicken grilled over charcoal. New additions to these 'small dishes' include Ensalada Picante de Pepino, a salad with cucumber, green apple, and coriander; Tacos de Atún or individual tuna tacos with wasabi; and Baos con Res Wagyu, or wagyu shortrib served in a house-made bao. Vegetarians can enjoy the newly created Hongos ceviche, with wild mushrooms, the Peruvian corn called choclo, shallots, and crispy enoki.

COYA Dubai's set lunch menu also includes a range of guests' favourite signature dishes in its main course selection, such as Arroz Nikkei, flavorful Chilean sea bass with lime and chilli; Pollo a la Parrilla, corn-fed baby chicken with the Peruvian red pepper called aji panca and coriander; and the vegan option Papa Seca Coliflor, which includes Peruvian dried potato, cauliflower, celeriac, the traditional aji Amarillo yellow pepper, also from Peru.

COYA Dubai's weekday set lunch menu is complemented by a range of refreshing mocktails. E-mail reservations@coyarestaurant.ae or call 04 316 9600.

Dubai Active returns this December



Being healthy and active isn't just about moving; it's about educating and challenging ourselves to maintain the healthiest lives that we can possibly live by focusing on our emotional, physical and mental wellbeing. Dubai Active is one of the biggest celebrations of health, fitness and wellness in the Middle East, and dedicates itself to being inclusive of all in the region. Returning on December 5 – 7, 2019 at Dubai's World Trade Centre, the Dubai Active invites all to come and join its driven and motivating community.

Co-hosted with Dubai Muscle Show, collectively the event forms the largest fitness and wellness exhibition in the Middle East. The impressive 18,500 sqm space lends itself to being a completely safe-haven for all of the 25,000 guests that attend to come and learn, engage with the top fitness and wellness brands in the industry and workout in a protected and comfortable environment.

Have you ever worked out alongside 2,000 like-minded people before? Well now is your chance to take part in the biggest mass workouts in Dubai with some of the top celebrity trainers in the world or come and discover new a skillset that you may not have tried before such as cycling, yoga, weight training, nutrition and more.

Not only will you have the chance to try all of the leading workouts from Dubai's top studios all under one roof, you also have the opportunity to learn and improve your health with tips from leading experts in the wellness industry. The exhibition will house 25,000 attendees who can roam around between over 300 of the world's best wellness brands and be inspired by 600+ professional athletes. Internationally renowned studio and workout brands including Les Mills, Barry's Bootcamp, just to name a few, will lead back-to-back classes all weekend, along with yoga, mindfulness and other workshops.

Tickets can be purchased via Dubaiactiveshow.com and at Virgin Megastores in the region. Tickets start from Dhs20 during the opening Flash Sale period.

WET Deck's new Wednesday fitness pass



WET Deck at W Dubai – The Palm has introduced a new Wednesday fitness pass called 'On The Juice'. Priced at Dhs99 and Dhs199, the adult workout activity includes two power-packed classes and a welcome drink. While the Dhs99 pass covers just the fitness classes, the Dhs199 pass throws bottomless drinks into the mix.

Here's what the Wednesday fitness pass includes:

12.15pm The first class starts. Werk it with a 45-minute ButiArt Flow session in the Secret Garden beside WET Deck, overlooking the Dubai skyline. Guided by VIBE Fitness Group, a pop-up fitness movement in and around Dubai, get into the swing of things with ButiArt Flow. Pump up the energy with dance-inspired tribal yoga while the DJ serves up hot beats.

1pm Time to hit the Juice! The bar's open from noon onwards - Dhs99 passes can refuel with WET Deck's signature cocktails and mocktails à la carte. Dhs199 passes enjoy endless sips, with Detox or Retox smoothies – a range of fresh fruit and juice-based creations.

2pm Glass down, swimsuit on! Hit the shallow pool for your second 45-minute class. Recharge with a Pool TwerkOut by VIBE Fitness Group.

2.45pm Order lunch à la carte (this is on you) or take off to seize the rest of your day. Dhs199 passes can kick back and order another round of free-flowing beverages, until 4pm.

3 money-saving suppers

thrifty health

Ticking both the healthy and budget-friendly boxes can often be tricky. Try one of these cheap, filling dinners, all under Dhs20 per

recipes ESTHER CLARK *photographs* MIKE ENGLISH

Turkey escalopes & giant couscous



SERVES 4 **PREP** 15 mins

COOK 45 mins **EASY**

3 tbsp rapeseed oil
1 onion, finely chopped
1 aubergine, cut into 3cm cubes
2 large garlic cloves, crushed
¼ tsp chilli flakes
400g can chopped tomatoes
70g black olives, pitted and sliced
1 lemon, zested
4 turkey escalopes
250g giant couscous
½ small bunch basil, chopped, plus some extra torn leaves to serve
20g parmesan, shaved, to serve

1 Heat 2 tbsp of the oil in a saucepan over a medium heat. Fry the onion and aubergine for 15-20 mins, or until softened. Add the garlic and chilli flakes and cook for 1 min more. Tip in the tomatoes and olives and cook for another 10 mins.

2 Meanwhile, heat the grill high. Mix the remaining oil and the lemon zest together, then rub on both sides of the turkey escalopes. Put the escalopes on a baking sheet and grill for 5-6 mins on each side until cooked through.

3 Cook the couscous following pack instructions, then drain and stir through the tomato sauce along with the basil. Slice the escalopes and serve with the couscous, parmesan and extra basil leaves.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day

PER SERVING 598 kcals • fat 17g • saturates 3g • carbs 51g • sugars 8g • fibre 7g • protein 55g • salt 0.9g





Butter bean, mushroom & bacon pot pies



SERVES 4 **PREP 15 mins**
COOK 50 mins **EASY**

3 tbsp rapeseed oil
2 red onions, thinly sliced
500g mushrooms, thickly sliced
70g smoked streaky bacon,
sliced into thin strips
2 tbsp plain flour
500ml low-salt vegetable stock
250g kale, roughly sliced
3 tsp wholegrain mustard

2 tbsp reduced-fat crème fraîche
1 tbsp finely chopped tarragon
1 lemon, zested and juiced
2 x 400g cans butter beans,
drained and rinsed

1 Heat 2 tbsp of the oil in a saucepan or large flameproof casserole dish. Fry the onions for 10 mins until soft, then add the mushrooms and bacon and fry for another 5 mins until golden. Stir in the flour and cook for 2 mins more. Gradually pour in the stock, then bring to the boil and bubble for 2 mins. Add the kale and cook for another 5 mins, then stir in the mustard, crème fraîche, half the tarragon and the lemon juice. Spoon

the mushroom mixture into four small baking dishes.

2 Heat the oven to 180C/160C fan/gas 4. Put the butter beans in a food processor with the remaining oil and tarragon and the lemon zest. Blitz until chunky, adding 2-3 tbsp water to loosen if needed.

3 Spoon the butter bean mixture over the filling, smoothing with the back of a spoon. Bake for 20-25 mins until golden. Leave to cool slightly, then serve.

GOOD TO KNOW healthy • low cal • folate • fibre
• vit c • 3 of 5-a-day
PER SERVING 378 kcals • fat 17g • saturates 4g
• carbs 31g • sugars 8g • fibre 12g • protein 18g • salt 1.2g

Spicy 'vedgerree'



SERVES 4 **PREP 10 mins**
COOK 1 hr 10 mins **EASY V**

350g long grain brown rice
150g green beans, trimmed and halved
4 medium eggs
2 tbsp rapeseed oil
2 onions, sliced
2 garlic cloves, crushed
2 heaped tbsp medium curry powder
1 tsp ground turmeric
2 bay leaves
200g spinach
100g cherry tomatoes, halved
½ small bunch coriander, chopped
1 green chilli, sliced
1 lemon, cut into wedges

1 Rinse the rice under cold running water, rubbing with your fingers to remove any excess starch. Cook following pack instructions, then drain well.

2 Bring another pan of water to a simmer. Cook the green beans for 2 mins, then transfer to a bowl with a slotted spoon and set aside. Boil the eggs in the pan for 7 mins, then drain and transfer to a bowl of cold water to cool.

3 Meanwhile, heat the oil in a large frying pan over a medium heat. Fry the onions for 10-15 mins until golden. Add the garlic, curry powder, turmeric and bay leaves and cook for 1 min more. Stir in the spinach, tomatoes and a splash of water and cook for another 5 mins until the spinach has wilted.

4 Fold the cooked rice and green beans through the spinach mixture

and cook for a few minutes until the rice is warmed through. Drain and gently peel the eggs, then slice in half.

5 Top the rice mixture with the eggs, coriander and chilli. Serve the vedgerree with the lemon wedges on the side for squeezing over.

GOOD TO KNOW healthy • folate • fibre • vit c

• iron • 2 of 5-a-day • gluten free

PER SERVING 501 kcs • fat 14g • saturates 2g •

carbs 70g • sugars 6g • fibre 9g • protein 20g

• salt 0.3g

gf tip

To save time, you could use a pouch of microwave brown rice instead of cooking rice from scratch. Cook following pack instructions before folding through the other ingredients in step 4.





A JOURNEY TO THE ORIENT

Inspired by the cultural and culinary diversity of the Arab region, Ninive is a green, urban oasis suspended between two of the UAE's most iconic towers, Jumeirah Emirates Towers, Dubai, serving dishes that pay homage to the Arab kitchen in a fresh and hospitable approach.

Ninive was conceived as an urban majlis at the feet of Jumeirah Emirates Towers Hotel and its decor incorporates the aesthetics of the Bedouin tent. Surrounded by a wooden structure, the windows of which symbolize the openness and opportunities for meetings, Ninive welcomes guests to converge around coffee tables. Because Ninive is a hanging garden, local plants and wood are ubiquitous and give relief to the decoration. Ninive is an homage to the heritage and craftsmanship of the region.

Ninive opens its doors to offer its guests an ideal dining destination inspired by the diversity and heritage of the Arab world. Live music will add to the magical atmosphere every Tuesday from 9pm onwards. Live it up with drummer performances and DJ beats, every weekend from 9pm onwards.

The food

Ninive is the perfect place for an elegant dining experience. From sunset, guests can indulge in Middle Eastern specialties, including traditional Arabic cuisine from all over the region.

Served at the table, in a relaxed and refined atmosphere, guests will be able to choose from an 'a la carte menu' their preferred dishes, beverages and shisha. Convivial and elegant, its cuisine is served on crockery created especially for the venue by potters, suited to the refined tastes of a clientele addicted to excellence. It does not revisit the past but revives sometimes-forgotten tastes to a region with powerful culinary traditions. The dishes are from all over the Middle East and North Africa: Iranian, Iraqi, Turkish and Moroccan. In the dining area, everything is done to make the guests feel good, and staff are trained to inform diners about the history of the venue and its dishes. They can recommend pairings to ensure flavours are blended pleasantly.



NINIVE

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Living with food intolerances

In a new two-part series, we visit the Dubai Herbal & Treatment Centre to learn firsthand all you need to know about identifying and living with food intolerances.

By **Sophie Voelzing**

Like so many others, I regularly encounter uncomfortable symptoms after eating certain foods – I'm talking bloating, stomach aches, slowed digestion, migraines and rashes on my skin. It's not pleasant, but until recently I'd never taken the time to fully understand why my body was reacting in different ways to specific foods, or to really accept that the food I was consuming was directly causing such reactions.

I didn't realise that there was a way to rid my body of food intolerances, and so continued to eat whatever I wanted, despite the not so nice consequences, until a friend recommended taking the ImuPro food intolerance test at the Dubai Herbal & Treatment Centre (DHTC), which specialises in alternative and allopathic medicine.

After speaking with specialists at DHTC, I learnt that food intolerances can come and go. They can develop out of nowhere for a wide-range of reasons – sometimes it's down to lifestyle, medications, over-eating a certain food type, or for other unknown reasons that cause our immune system to start overreacting to a specific ingredient.

Learning that I could potentially get rid of the unpleasant symptoms I'd

been experiencing, I decided to take the ImuPro test and seek some real medical advice on combating food intolerance.

Here's how my experience at DHTC went...

Step one: the test

Food intolerances can be diagnosed by a blood test. DHTC offers its patients access to the highly-regarded ImuPro Food Intolerance Test – a simple test that requires a relatively quick visit to the clinic.

My appointment began by meeting with Dr. Maria for a consultation. We had a very open chat about all the problems I'd been experiencing, any concerns I had, then discussed my usual diet and eating behaviours, plus my exercise regime.

Next, I was escorted to a treatment room, where a friendly nurse took a blood sample from me, along with recording my weight, height and blood pressure.

During my visit, I learnt that the immune system has different types of reactions necessary to defeat bacteria, virus, fungus and other things that are not good for our body. There are two ways this can happen, through the fast track (a food allergy) which usually triggers quite immediate and very



Photographs SUPPLIED



ASK THE DOCTOR

Wondering if food intolerance testing is for you? Dr. Maria from Dubai Herbal & Treatment Centre is here to help...

For readers who have never had an intolerance test before, what are the main benefits of taking this test?

Doing this test is the best way to find out if some of the food you are eating is not suitable for you, possibly causing or contributing to digestion problems (gas, bloating, constipation, diarrhea), fatigue, migraines, skin conditions (acne, rashes, dermatitis, eczema), maintaining inflammation, and triggering joint pains, amongst others.

What type of results can be found from the test?

This test will identify the food you are intolerant to and it also checks for Candida.

How reliable is the test?

Very reliable, the results we receive for our clients with treatments or diet plans we recommend based on the test results are very positive.

Are intolerances permanent or can they be rectified? If so, how are they fixed?

Intolerances are mostly temporary. Avoiding the food for a certain period of time is recommended.

Is there a connection between food intolerances and weight gain?

Yes, very often food intolerances seem to slow down metabolism and also result in water retention in the body.



“
Intolerances are mostly temporary. Avoiding the food for a certain period of time is recommended”

severe symptoms like rashes and asthma for example, and the slow track (a food intolerance) with symptoms than can occur up to 72 hours after eating a certain food.

Step two: the results

Once the test results were in just a couple of days later, a nurse from DHTC gave me a call to arrange an appointment to discuss the findings.

During my second visit, Dr. Maria went through my results with me in-depth and revealed that I had food intolerances to several food types, the main one being gluten, to my disappointment.

It's not all bad news though. A meeting with DHTC's nutritionist ensued, where I was asked about my favourite foods, my weekly diet and ingredients that I'd like to keep in my diet, intolerances aside.

Curious as to why the nutritionist wanted to know which foods I didn't want to give up, despite being intolerant to them, she revealed it was because she would find substitutes for them to

include in my bespoke diet plan, to ensure I wasn't left feeling like I had to completely change my diet or forfeit my favourite foods.

The nutritionist noted that depending on the results and symptoms, it is sometimes not enough to only adjust the diet accordingly and avoid the food for a certain period of time. Often it is also necessary to add supplements, probiotics and herbal medication to the treatment plan in order to achieve good results.

***NEXT MONTH:** In the second part of this series, we'll take an in-depth look at what solutions are offered for people dealing with food intolerance and how a bespoke meal plan can help to rid of the intolerance altogether.*

Dubai Herbal & Treatment Centre

Oud Metha Road, Dubai, UAE
Tel: 04 335 1200
Visit: dubaihtc.com





INTRODUCING RIVIERA BY FOUR SEASONS

Four Seasons Hotel Kuwait at Burj Alshaya unveils its first stand-alone restaurant, Riviera by Four Seasons

Four Seasons Hotel Kuwait at Burj Alshaya has opened its first stand-alone restaurant, Riviera by Four Seasons, in The Avenues, Phase 4 - The Gardens.

The restaurant is set in The Gardens, a brand-new area of The Avenues, the largest and the most-visited shopping and leisure destination in Kuwait and the region.

It is positioned away from crowds, a welcome pause in the day, creating a new sense of community where diners can catch up with friends, enjoy a casual business lunch, hear about the day's events with family or simply take time out before or after shopping.

The elegant Mediterranean-inspired restaurant is bringing together the sophisticated and intuitive service for which Four Seasons is world famous with fresh ingredients and flavours

from around that region under the eye of Sicilian Sebastiano Spriveri, Executive Chef at Four Seasons Hotel Kuwait at Burj Alshaya.

Guests are welcomed with a choice of indoor or outdoor seating, and an atmosphere that evokes the glamorous heydays of Beirut, Cannes and Capri.

Diners can enjoy a culinary journey around the Mediterranean, with dishes from Morocco to Greece, Spain to Lebanon, France to Tunisia for all day long be it breakfast or lunch, or dinner.

The curved walnut bar at Riviera is reminiscent of the sleek hulls of the motorboats that cruise along the shores of the south of France.

When it's time to eat, light and healthy choices such as marinated tomato with artisanal fior di latte mozzarella, olives and basil pesto or garden leaves with honey mustard dressing and parmesan crackling will be offered. Delicious pizzas will capture the essence of Italy. Corn-fed chicken tajine with preserved lemon, green olives and spiced couscous, risotto with seasonal mushrooms and parsley drizzle or traditional Valencian paella will satiate heartier appetites.

"I love bringing people and cultures together through food," says Sebastiano Spriveri. "All of us here are very excited to launch Riviera, which will bring a new dining experience to a completely different level and add a dash of Mediterranean spirit to eating out in Kuwait."



DID YOU KNOW?

Four Seasons Hotel Kuwait has made it through to the top 10 in this year's BBC Good Food Middle East Magazine Awards in the following categories:

- Dai Forni Restaurant in the Restaurant of The Year – Kuwait category
- Four Seasons Hotel Kuwait at Burj Alshaya in the Staycation Experience – Kuwait category

For more information, visit awards.bbcgoodfoodme.com/2019

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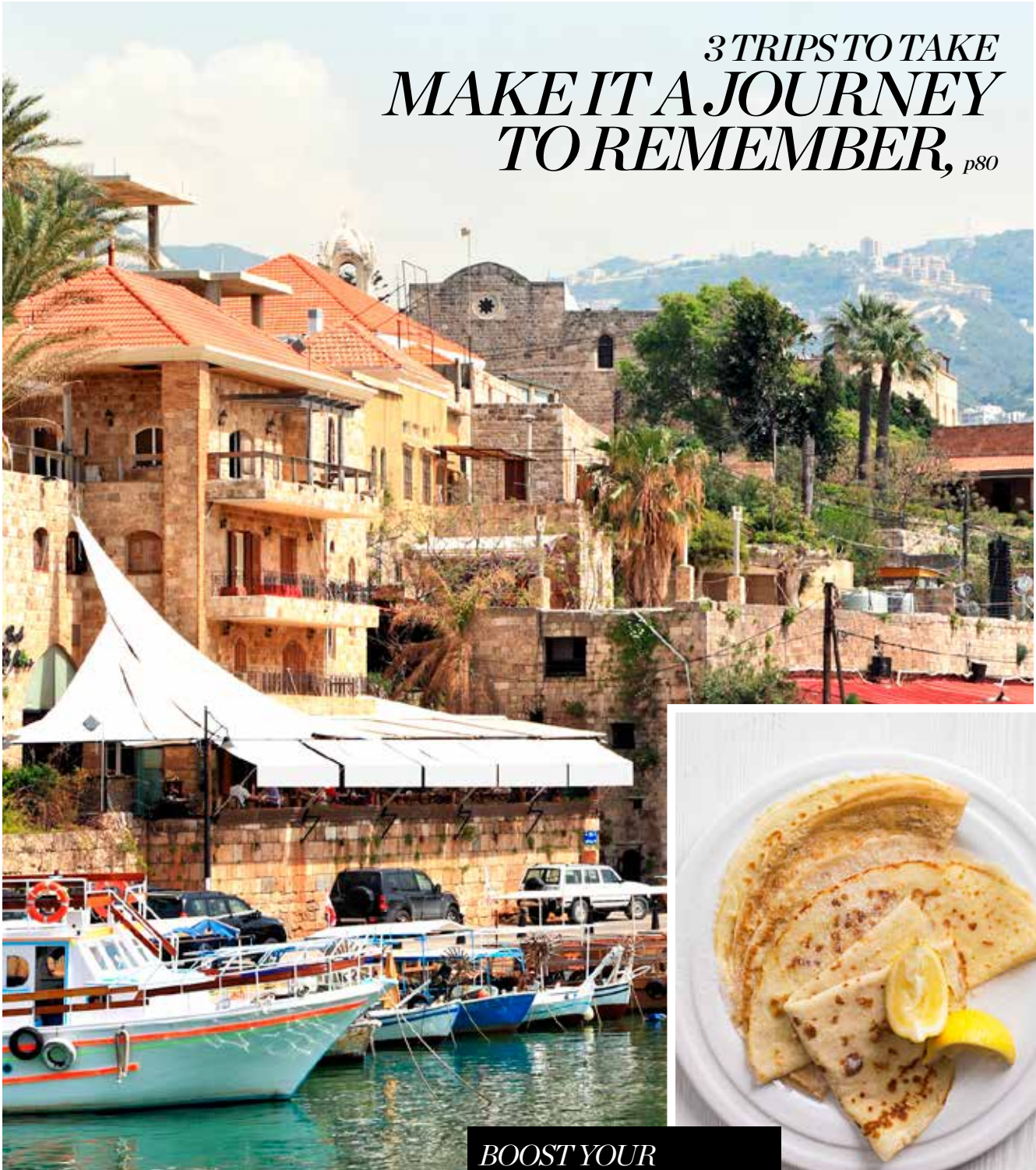
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GOURMET LIFESTYLE

*3 TRIPS TO TAKE
MAKE IT A JOURNEY
TO REMEMBER, p80*



*BOOST YOUR
COOKING SKILLS, p84*



An aerial photograph of a coastal city, likely Beirut, showing a dense cluster of colorful houses (yellow, orange, red, blue) built on a hillside overlooking a vibrant blue bay. In the background, a city skyline is visible across the water, and mountains rise in the distance under a clear blue sky.

3 trips to take

make a new food discovery

What distance would you travel for an exciting food scene? From a Beirut beach break to a South American adventure, and a Canadian culinary hotspot, we select the best breaks for galloping gourmets

Enjoy ceviche
by the sea

La Serena is a coastal gem, an hour's flight from Santiago

Long-haul: Santiago, Chile

For dramatic scenery, fresh ceviche and punchy pisco sours

Chile is a country of extremes with towering mountains, pristine Pacific coast, lush farmland and rolling vineyards: terrain that yields a huge variety of produce. If you want a far-flung foodie adventure, this South American country is about as good as it gets.

Set in a valley surrounded by snow-capped peaks, the capital, Santiago, is a great place to recharge. Treat yourself to the 'completo', not just a hot dog but a Chilean national treasure, with as many toppings as you can handle – avocado and mayo among them. Got a sweet tooth? Chase the dog with a classic 'mote con huesillo', a delectable peach nectar, laced with cinnamon and served with a spoon. Both are readily available from street-side carts.

Hitting the town? Chileans usually drink their pisco (a grape-based spirit) in the form of a 'piscóla', a sweet concoction of pisco and cola, but don't miss the opportunity to sample a more refined cocktail from [Siete Negronis](http://sietenegronis.cl) (sietenegronis.cl) serving twists on the classic negroni. Try the barrel-aged version, or 'baconvardier', a fun American-influenced boulevardier, with bacon-infused bourbon (Dhs26). Appetite stimulated, head to [Puerto Bellavista](http://puertobellavista.cl) (puertobellavista.cl) for crisp calamari, piles of mussels, smoked ribs and chicken (dishes Dhs31 - 63).

Santiago is an hour's drive from the pounding Pacific but if you really want to escape the capital's crowds, fly an hour north to La Serena, capital of the bohemian Coquimbo region, known for its sandy beaches and plentiful ceviche. Check into [Santa Barbara](http://santabarbara.cl), an old colonial-style hotel just outside the city centre, then wander down Avenida Del Mar, eyes peeled for sunbathing sea lions and low-flying pelicans, to [Mar Adentro](http://maradentro.cl) ([@maradentrorest](http://maradentro.cl)), the perfect place for a seaside feast: plates piled high with crab and fresh fish, chunky empanadas and stunning grilled octopus (dishes Dhs27 - 70). For an evening tipple, try a pisco tasting flight or an inventive cocktail at [Moscatel](http://moscatel.cl) (moscatel.cl). Take a seat upstairs among the colourful murals of the Chilean poet Gabriela Mistral as you take your tastebuds on a trip.

Elqui Valley has
beautiful vineyards

Siete Negronis serve a bacon-infused negroni



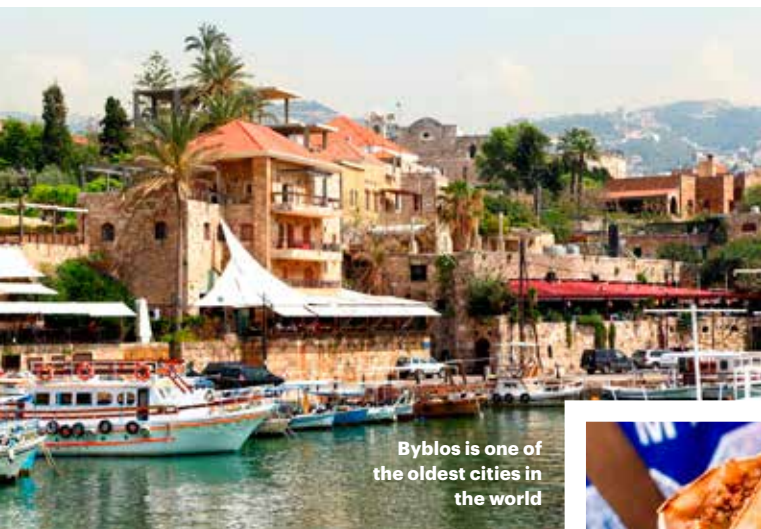
Nearby Elqui Valley is lined with cycle paths, yoga retreats, trekking routes and vineyards. Make your base in Vicuña, at the [Hotel Terral & Spa](http://hotelterral.com) and plan your activities from the rooftop terrace, a papaya sour in hand, admiring the panoramic view. Highly recommended, the Elki Magic bike tour (from Dhs58, elkimagic.com) travels downhill from Alcohuz, through the vivid green valleys, with picturesque whitewashed churches and vineyards aplenty. Stop for lunch at [Cavas del Valle](http://cavasdelvalle.cl) (cavasdelvalle.cl), a tiny family-run vineyard producing luscious dessert wines and syrah, returning to Vicuña for grilled trout and thinly sliced chuletas beef at [Chivato Negro](http://chivatonegro.com) (dishes from Dhs22; chivatonegro.com). Grab a spot on the leafy terrace with one of the local beers or pisco and enjoy live music in the courtyard.

If the local tipple has really impressed, take a 'mixology tour' and tasting at Vicuña's [Centro Turístico Cooperativa Capel](http://centroturistico.cooperativa.capel.cl) (from Dhs67; [centroturistico.cooperativa.cl](http://centroturistico.cooperativa.capel.cl)) to learn about pisco production and the art of mixing it. Chile has some of the clearest skies in the world, so an evening trip to [Alfa Aldea Centro Astronómico](http://alfaaldeacentroastronomico.cl) is a must (guided star-spotting from Dhs40; alfaaldeacentroastronomico.cl). Sip warm tomato soup while learning about the constellations for a totally far-flung experience. *Georgina Kiely*

Where to stay

Santiago: Matilda's Hotel (matildashotel.com) is a Belle Époque mansion in the hip Barrio Brasil area with great breakfast. Double rooms from Dhs407 per night. La Serena: Santa Barbara Hotel (hotelsantabarbara.cl) has rooms from Dhs294 per night. Vicuña: the Hotel Terral & Spa (terralhotel.cl) has double rooms from Dhs317 per night. For more information, visit chile.travel/en.

“Wander down Avenida Del Mar, eyes peeled for sunbathing sea lions”



Byblos is one of the oldest cities in the world



Maneesh bread is filled with cheese or spiced meat

Tawlet serves lunch buffet-style



Liza offers opulent surroundings



A fruity take on hummus at Tawlet

Short-haul: Beirut

For city buzz, sea air and exotic spices

In its 1960s heyday, Beirut was known as the 'Paris of the Middle East', a glitzy destination by the Med famed for its art, fashion, and culture. Although civil war left the city a no-go for a while, Beirut has long been safe and is thriving once more. Having endured much, the locals know how to enjoy themselves, and the narrow streets are buzzing with new bars, restaurants and cafés, particularly in the fashionable Mar Mikhael district.

The full diversity of Lebanon's people and food can be found at the open-air **Souk El Tayeb** (soukeltayeb.com) farmers' market (Saturday and Wednesday). Founded in 2004 by former TV chef Kamal Mouzawak, it brings together producers from all Lebanese communities, selling fresh organic produce, herbs and spices such as sumac and za'atar, jars of pickled vegetables and traditional street foods including irresistible freshly baked maneesh bread topped with herbs and sesame seeds (street-food dishes from Dhs9).

Kamal is also behind one of Beirut's essential lunch spots, **Tawlet** (soukeltayeb.com/tawlet), which hosts a weekly-rotating roster of chefs from across Lebanon. Showcasing regional dishes, the day's offering is laid

Narrow streets are buzzing with new bars, restaurants and cafés

out as a buffet with bowlfuls of fresh fattoush, meze such as kibbeh – raw lamb mince with bulgur – and freekeh with spiced chicken and pine nuts (lunch, Dhs117 per person). Shawarma is a street-food staple in

Beirut and the ubiquity means it's easy to indulge. **Makhlouf** (makhlouf.business.site) and **Jabbour** (+961 9 254 500) vie for supremacy in the east of the city, both serving sublime flatbreads, stuffed with chicken or lamb, salad, garlic mayo, plus chips soaked in the meat juices (wraps from Dhs12).

For something more upmarket, **Liza** (lizabeirut.com) provides opulent surroundings. Set on the second floor of a refurbished 19th-century mansion, the palatial space is decked out with Moorish-style window dividers, intricately designed wallpapers, patterned tiles and glittering gold fixtures, offset by cool white marble. The food is similarly refined with updated Lebanese classics such as lamb shank confit with spiced rice, and sea bass with Swiss chard and tahini (mains around Dhs67). *Joel Porter*

How to do it

The Phoenicia is Beirut's most luxurious hotel with sea views, two pools, a spa, several bars and restaurants, and a breakfast buffet serving homemade bread. Double rooms from Dhs1,032 per night, including breakfast, taxes and fees. phoeniciabeirut.com

Day trip: Lebanon is a small country with plenty to see nearby. Just a 45-minute drive away from Beirut is Byblos, one of the oldest cities in the world. Enjoy fresh seafood by the ocean at Chez Pepe (+961 9 540 213).



Grab Jamaican street food at Golden Patty



Northern Maverick is a one-stop brewery, bar and restaurant

Transatlantic: Toronto

For a melting pot of cultures and mainstream veganism

Home to over 200 ethnic groups, Toronto serves an atlas of cuisines, including outstanding Asian food. But lately, Canada's largest urban centre is getting inventive. Among the sky-scraping pop-up cityscape on Lake Ontario, innovative chefs are fusing exotic flavours and conjuring food with anarchic confidence.

Experience a fast-changing foodie scene with a [Drink Toronto](#) walking tour (90 minutes, Dhs235, [drinktoronto.ca](#)). Local co-founder Erin Henderson, a certified sommelier, hosts super-fun, insider tours taking in such sleek venues as [Buca Osteria & Enoteca](#) ([buca.ca](#)) on once-tatty King Street West. Chicetti bites include fried zucchini flowers with nduja, and a standout Garibaldi Campari orange aperitivo. There are also forays across town for flights of house craft brews at futuristic beer factory [Northern Maverick](#) ([northernmaverick.ca](#)), and local oysters are paired with Niagara wine at atmospheric seafood joint [Rodneys](#) ([rodneysosterhouse.com](#)).

Toronto has a decent crop of farmer's markets set in green spaces blossoming in the city's former industrial areas, where you can sample everything from emerging Quebec cheeses, to seasonal beets, berries and smoked meats. The Saturday market at [Evergreen](#) ([evergreen.ca](#)), the old brickworks that largely built the city back in the 1800s has forested trails through the former quarry where you can walk off any excess purchases.

Keeping high-rise development at bay, the hippie [Kensington Market](#) 'hood has a graffiti-clad, low-rise charm. It's a great place to pick up Jamaican street food at [Golden Patty](#) (187 Baldwin St), or superb Cantonese BBQ from [King's Noodles](#) (26 Spadina Av), and excellent Swedish coffee and kanelbullar at [Fika](#) ([fika.ca](#)). New arrival, [Grey Gardens](#) ([greygardens.ca](#)) serves Asian-inspired, umami-rich seasonal small plates (Dhs40 - 72) with modern Canadian flair in a minimalist polished-concrete bar and restaurant. Try spot prawns with charred cucumber, Arctic char with black citrus or spring alliums with bone marrow and horseradish.

With an entire neighbourhood rechristened for its vegan credentials, plant-based food is far more than a trend in Toronto. But beyond [Vegandale](#) ([vegandale.com](#)) – in the Parkdale area – restaurants like [Planta](#) ([plantarestaurants.com](#)) in swanky Yorkville serve exemplary upscale vegan cuisine of the Californian school. Try a kelp Caesar, a watermelon poke, or avocado lime tartare with 'beet' tuna (dishes around Dhs27 - 50).

As in any other North American city, brunch is king here. Try [Annadore House](#) ([theannadorehouse.com](#)), a hip new Art Deco-vibe hotel whose bar-restaurant [Constantine](#) dominates the entire ground floor, serving duck confit hash with poached eggs, and eggs Florentine with smoked trout and za'atar biscuit (mains around Dhs49). Sarah Barrell

How to do it

The Kimpton St George displays local art in sleek guest rooms and Tisha Myles's wallpaper jewelled with blue jays (the bird for which Toronto's baseball team is named), a daily wine hour (free), and the Fortunate Fox pub-diner. Doubles from Dhs906 per night. [kimptonsaintgeorge.com](#)

Day trip: Medal-winning wineries, many with superb restaurants, are in nearby Prince Edward County. Niagara-on-the-Lake is a 12-minute flight from Billy Bishop Airport ([flygta.com](#)) or two-three hours by road. For more information, visit [ontariotravel.net](#).

Assistance for this feature was provided by Tourism Toronto ([seetorontonow.com](#)), Pisco Chileno and Pro Chile ([prochile.gob.cl](#)) and The Phoenixia Hotel ([phoeniciabeirut.com](#))



Discover cuisine from all corners of the world in the hippy 'hood of Kensington Market

Innovative chefs are fusing exotic flavours with anarchic confidence



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CHANNELS

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CARVE A RIB OF BEEF

Here's how to carve like a pro

1



Stand the joint with the rib bones facing up. Steady it with a roasting fork in the fatty side.

2



Use a long carving knife to cut in a sawing motion between the meat and rib bones.

3



Change the angle of the knife to cut along the flat bone and release the joint.

4



Carve off thin slices by sawing against the grain while still using the fork to steady the joint.

Melting chocolate

While chocolate can be melted in a microwave, there's far less danger of overheating (and burning) it if you use this simple method



Break or chop the chocolate into bite-sized pieces – this will help it to melt quickly and evenly. Put the pieces in a large heatproof bowl. Pour a little boiling water into a saucepan and heat until it is just simmering.



Set the bowl over the pan, making sure that the water doesn't touch the base of the bowl – this could cause the chocolate to get too hot, 'seize' and become grainy. Heat very gently for about 5 mins, stirring occasionally, until it is completely smooth. Remove from the heat and use as required.

How to roll a wrap



1 Lay the wrap on a flat surface and arrange the filling in the centre – try not to overfill it.

2 Fold the right and left sides of the wrap inwards to partially cover the filling.

3 Holding the folds in place, pull the nearest end up with your thumbs and roll firmly.

4 Keep rolling all the way up, gripping the wrap tightly to keep the filling in place.

5 Slice the rolled wrap in half to serve, or cover and pack in your lunchbox to eat on the go.

How to joint a chicken



1 Set the bird on a chopping board and remove any string. Unfold the wings, then use scissors to remove the wing tips. Using a sharp knife, trim the drumsticks at the knuckle.



2 Turn the chicken over so that it's breast-side down. Using scissors, cut all the way along each side of the backbone to remove it.



3 Open up the chicken, then lay it on the board, breast-side up. Use scissors to cut the bird in half along the centre of the breast.



4 Slide a knife between the leg joint and the breast of one of the halves, then cut to remove the leg. Repeat with the other half of the chicken.



5 Press on the leg joint to pinpoint where the bones meet. Cut down sharply to separate the drumstick and thigh joint, then repeat with the second leg.



6 Cut the breast joint in half for a wing with a third of the breast, plus a separate breast joint. You should now have eight pieces of chicken, split evenly between dark and white meat.

PERFECTLY POACHED EGGS

Not sure how to get the best result every time? This is how we do it in our test kitchen



1 Add 2 tbsp white wine vinegar to boiling water. Swirl to make a whirlpool.



2 Carefully crack an egg into a small dish, then tip into the middle of the whirlpool.



3 Simmer for 3 mins, using a spoon to help the egg form a nice shape as it cooks.



4 Transfer the egg with a slotted spoon to a plate lined with kitchen paper.



5 If you like, use scissors to trim any wispy bits of white for a neatly shaped egg.

THE WAVE

Press your index fingers into the pastry edge at an angle, then squeeze them together to make indentations. Continue around the pastry edge to create a pretty wave effect.

THE BAKER'S PINCH

Use your thumb and index finger to pinch the pastry up around another finger, and continue all the way around the edge.

3 ways to finish a pie

Once you've topped your pie with pastry, create a decorative edge with one of these easy techniques

THE SUNBURST

Use a knife to make small, straight incisions around the edge of the pastry. Flip alternating pieces of pastry toward the centre of the pie to create a sunburst pattern.

TIP

To make sure your pastry design stays sharp in the oven, chill the pie for 30 minutes before baking.

- Look out for a pie dish with a wide brim to support the crimped edge – otherwise, your lovely crimping will sink back into the pie as it cooks.
- To get a really shiny finish, brush the pastry with a beaten egg before chilling, and again just before it goes into the oven.

CHOPPING AN ONION

Perfect this technique and you'll save yourself no end of time and effort



1

Put the onion on a chopping board and slice off the stem end (leave the root end to hold it together). Halve lengthways through the root end, then peel off the skin. Lay the halves on the board cut-side down.

Following the onion's natural lines, make evenly spaced cuts almost up to the root end.



2

Make a couple of horizontal cuts through the onion's width, keeping the root intact.



3

Holding your fingers like a claw at the root, slice vertically and evenly across the width of the onion for a perfect chop.

Preparing sweetcorn cobs

Whole corn on the cob can be boiled, barbecued or microwaved. But it's even more versatile if you learn how to remove the kernels. Use the fresh kernels in recipes that typically call for canned or frozen sweetcorn



1 Pull off the husk and all of the silk threads from the sweetcorn cob. Using a sharp knife, trim off the end of the cob so that the base is flat.



2 Stand the cob upright on a chopping board. Hold the top of the cob firmly and, using a sharp knife, cut all the way down the side of the cob to remove the kernels.



3 Rotate the cob and continue to cut downwards in long strips to remove the sweetcorn kernels all the way around the cob.

Classic pancakes

MAKES 12 **PREP 10** mins plus optional resting **COOK 20** mins **EASY** **V** *****

100g plain flour
2 large eggs
300ml milk
1 tbsp sunflower or vegetable oil, plus a little extra for frying
lemon wedges and caster sugar, to serve (optional)

- 1** Put the flour, eggs, milk, oil and a pinch of salt into a bowl, then whisk until smooth. Set aside for 30 mins to rest if you have time, or cook straightaway.
- 2** If the batter thickens while resting, whisk in extra milk until it's the consistency of double cream.
- 3** Set a medium frying or crêpe pan over a medium heat and wipe with oiled kitchen paper. When hot, pour in half a ladleful of batter, quickly swirl the pan for a thin, even layer, and pour any excess batter into a jug.
- 4** Cook for 1 min on each side, keeping the cooked pancakes warm in a low oven. Serve with the lemon wedges and sugar, if you like. *To freeze, leave*



to cool completely, then layer between baking parchment. Freeze in an airtight container for up to two months.

GOOD TO KNOW low fat
PER PANCAKE 61 kcs • fat 2g • saturates 1g • carbs 7g • sugars 1g • fibre none • protein 3g • salt 0.1g



Segmenting citrus fruit

Citrus fruit segments look beautiful in desserts and salads, and it's an easy technique to learn. Choose a firm, unblemished fruit that feels heavy for its size, as it's likely to be juiciest

TIP

Squeeze the remaining orange membrane over the bowl to catch any extra juice.



- 1** Set the orange – or any other citrus fruit – on its side, then trim away the top and bottom with a sharp knife, giving you a steady base.



- 2** Sit the fruit on its base. Cut the peel off in a downwards sawing motion, following the curve of the fruit and rotating around it. Remove only the skin, keeping as much flesh intact as possible.



- 3** Trim off any remaining slivers of the bitter white pith using the same method you used to remove the peel.



- 4** Hold the fruit over a bowl to catch any juices. Carefully cut as close to each connective membrane as possible, working towards the middle, then scoop out the loosened segments.



GILLES BOSQUET
La Cantine du Faubourg

LEE KOK HUA
Hakkasan Abu Dhabi

CRAIG BEST
Hell's Kitchen

KARL KOLLMITZER
La Serre

CHEF OF THE YEAR 2019

BBC Good Food Middle East's Chef of the Year is the only award in the region of its kind. This prestigious award celebrates talented chefs across the UAE, and rewards their gastronomic excellence.

This November, four top chefs are set to go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management. Held on Sunday 3rd November, the chefs - who were selected from restaurant nominations in our Fine Dining categories across Dubai and Abu Dhabi - will battle it out using the same set of ingredients plus pantry staples. They will then present a three-course menu to an independent panel of judges, in a challenging time frame. The winner will be announced at our awards on Wednesday 27th November and will not only take home the title of BBC Good Food ME Chef of the Year, but also the prize of a 3-night stay at the Mövenpick Resort & Spa Jimbaran Bali!

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HOW DO YOU LIKE YOUR STEAK?

Test the doneness of steak with a meat thermometer, or use the 'finger test' by comparing the firmness of the steak to the firmness of the fleshy area beneath your thumb as you touch each finger.

All timings below are for a 1.5cm-thick steak

RARE



MEDIUM-RARE



MEDIUM



MEDIUM-WELL

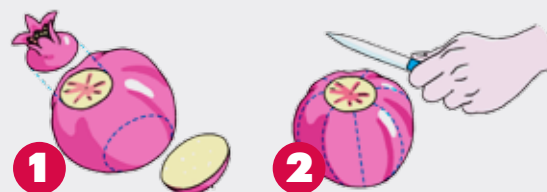


WELL DONE



HOW TO EAT POMEGRANATE

Submerge a cut pomegranate in water, releasing the seeds with your hands – the pith will float to the top (see bbcgoodfood.com). Or, to eat it in pieces:



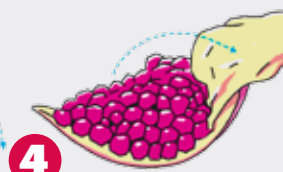
1 Tunnel out the flower end of the fruit and trim away the bottom.



2 Score along the six natural ridges that form the segments of fruit.



3 Use your fingers to prise apart the segments – do this over a bowl to catch any stray seeds.



4 Pull away the pith. You can now bite into the segments (or separate the seeds). Remember – pomegranate juice stains, so be careful!

PERFECT YORKSHIRE PUDS

MAKES 8 large or 24 small puds **PREP** 5 mins
COOK 20 mins
EASY v *

sunflower oil
140g plain flour
4 eggs
200ml milk

1 Heat the oven to 230C/210C fan/gas 8. Drizzle some oil into two four-hole Yorkshire pudding tins or a 12-hole muffin tin and put in the oven to heat.
2 Tip the flour into a bowl and beat in the eggs. Gradually add the milk and whisk until the batter is smooth. Season

with salt and pepper. Pour into a jug, then remove the tins from the oven. Carefully pour the batter into the holes. Bake undisturbed for 20-25 mins until the puddings have puffed up and browned. *Will keep in the freezer for up to one month.*

PER PUD (8) 199 kcal • fat 13g • saturates 2g • carbs 15g • sugars 1g • fibre none • protein 6g • salt 0.1g



Learn to make bread

Never made bread before? You can't go wrong with our simple white loaf recipe and ingredients guide

500g strong white bread flour, plus extra for dusting
7g sachet easy-blend yeast or 15g fresh yeast
2 tsp salt
1 tsp sugar
2 tbsp olive oil
You will need
large mixing bowl
measuring jug
large wooden spoon
clean tea towel

● **Strong white bread flour** Made from hard wheat, which contains a high proportion of gluten. Gluten gives bread its elasticity and this is developed as you knead.

● **Yeast** Use easy-blend dried yeast or fresh yeast. Traditional recipes tell you to dissolve fresh yeast in warm liquid before adding it to the flour, but we rub it into the flour. Find it in larger supermarkets or ask at the bread counter, as they may give some to you for free.

● **Salt** Adds flavour and slows down the rising action of the yeast, giving you a stronger dough.

● **Sugar** A little sugar or honey feeds the yeast to give a better rise.

● **Liquid** This can be water, milk or beer, but whatever you use, it should be hand-hot. Use a mix of one-third boiling water and two-thirds cold.

● **Oil** A little fat adds flavour and stops the bread from drying out too quickly, although it's not essential.



1 Tip the flour into a mixing bowl. For easy-blend dried yeast, stir this into the flour. For fresh yeast, crumble it and rub into the flour. Add the salt and sugar.



2 Boil the kettle and measure 100ml warm water into a jug. Top up with cold water to the 300ml mark. Test the temperature – it should feel hand-hot. Add the oil.



3 Make a well in the centre of the dry ingredients and pour in the liquid. Mix quickly using your hands or a spoon to make a sticky dough. Wipe the dough around the bowl to pick up any loose flour.



4 Dust the work surface with flour. Knead the dough by stretching it away from you, then folding it in half towards you and pushing it away with the heel of your hand. Give it a quarter turn and repeat, developing a rhythm.



5 When the dough is smooth, put it back into the bowl, cover with a tea towel and leave to rest for 1 hr. The dough is ready at the point that it springs back when you press it with your finger. Tip onto a floured surface.



6 Knead to remove the air. Shape into a round, place on an oiled baking sheet and slash the top with a knife. Set aside to rise for 30 mins. Heat the oven to 240C/220C fan/gas 8. Bake for 30-35 mins until browned and crisp.

HOW TO SHUCK OYSTERS

Buy oysters closed, then open just before eating. An oyster or shucking knife makes the job easier and safer, especially if it has a guard



1 Cover one hand with a folded tea towel and use this hand to hold the oyster, so the flatter top shell is facing upwards and the hinge is exposed.



2 Insert the shucking knife into the hinge end and wiggle it carefully to lever the top shell up.



3 Run the knife along the inside of the top shell to cut the muscle attaching the oyster to the shell. Discard the top shell.



4 Run the knife underneath the oyster to detach it from the bottom. The oyster is now ready to eat raw or to be cooked.



10 years of celebrating the best in hospitality and dining

The BBC Good Food Middle East Magazine Awards are back for the tenth year to celebrate the best in food from across the region, as voted for by you.

Vote now for who you think serves the best food around and you could be heading to Sri Lanka!

For a chance to win an amazing six-night stay with Villas by Taru in Sri Lanka worth DHS20,000, all you need to do is visit bbcgoodfoodme.com/awards and hit the 'share' button after you have cast your votes!



#BBCGFMEMAwards

Cast your votes at bbcgoodfoodme.com/awards

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their way into my belly I know that this
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get! I was so glad there's Kcal Extra to
help me lose it. No joke!"

Jaye

T&C's: Offer valid till 31st December 2019 • Cannot be used in conjunction with any other offer • Valid on all meal plans,
excluding nutritional consultation • Valid for new customers only • Start date must be within a week of payment

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

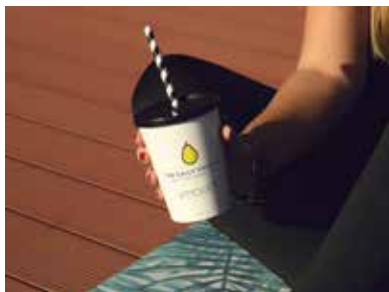


WIN!

A FAMILY FRIDAY BRUNCH FOR 4 AT ALLORO RESTAURANT! WORTH DHS700

Alloro is an Italian restaurant situated in the heart of Dubai Marina at

the Wyndham Hotel that serves up authentic, delicious, home-cooked style Tuscan dishes at affordable prices. The restaurant has a classic and elegant set up, with jazz fusion playing in the background. Its spacious terrace area is ideal for family, friends and loved ones to spend quality time together. Alloro is offering one winner the chance to win a family Friday brunch for 4 people to enjoy a mouth-watering, home-cooked Italian meal.



WIN!

A PACK OF 6 'THE DAILY PREP CO' SMOOTHIES, PLUS A NUTRIBULLET! WORTH DHS514

The Daily Prep Co is giving away a pack of 6 pre-portioned, frozen, blend-at-home

smoothies along with a Nutribullet. All you need to do is add your favourite milk (or water), pop everything into the blender, blend, pop it all back in the cup and you are good to go.



WIN!

DINNER FOR 4 AT MAIDEN SHANGHAI! WORTH DHS980

Maiden Shanghai, located in the heart of FIVE Palm Jumeirah, is a culinary gem that promises authentic

Chinese dishes in exquisitely designed surroundings, not to mention the breathtaking views of the Dubai Marina. Inspired by his travels around China, Head Chef Luo Bing has created a menu incorporating flavours, styles and ingredients from the four key regions of Chinese cuisine - Cantonese, Sichuan, Shanghai and Beijing.



WIN!

BRUNCH FOR 2 AT MOVENPICK HOTEL IBN BATTUTA GATE! WORTH DHS600

Mövenpick Hotel Ibn Battuta Gate's Mistral Restaurant lets you enjoy an evening

extravaganza with its Night Brunches every Friday and Saturday. Enjoy a wide-range of international dishes featuring signature Arabic entrees and drinks from 6.30pm – 11.30pm.



WIN!

BRUNCH FOR 2 AT THE TALK RESTAURANT! WORTH DHS598

Start the weekend with a Friday Brunch at The Talk restaurant, located in Mövenpick Hotel Jumeirah Beach.

Sit back, relax at the sound of our live jazz player and indulge in mouthwatering dishes. From our seafood station to our dessert room, you will find everything you crave for. Wash it down with a wide selection of soft beverages. A unique Friday afternoon with an unforgettable culinary experience.



WIN!

A BRUNCH FOR 2 AT YALUMBA! WORTH DHS788

Every Friday at Yalumba, Le Méridien Dubai Hotel & Conference Centre from 12.30pm to 3.30pm - a lively Friday afternoon of incredible food and beverages, cheerful entertainment and pool access. After brunching grab your swimwear and

dive-in-to the after-brunch pool party. Join the after-brunch party until 7 pm with DJ Kennedy.



WIN!

**A 4-COURSE
MENU FOR 2 AT
SOCIAL BY HEINZ
BECK! WORTH
DHS750**

World-renowned, 3-star Michelin Chef Heinz Beck brings contemporary Italian dining to Dubai. Featuring inviting design elements and

offering innovative contemporary Italian cuisine, Social by Heinz Beck offers a relaxed yet elegant atmosphere with magnificent views of Dubai, making this an ideal setting for an unforgettable dining experience. Heinz Beck is widely known throughout Italy and Europe as a notable master of modern gastronomy. Expressing a unique interpretation of the modern kitchen, Beck's artistry exceeds his raw culinary talent with a well-guarded process, which includes mindfully curating ingredients and implementing innovative techniques to transform simple ingredients into highly evocative dishes.



WIN!

**DINNER FOR 2 AT
NINIVE! WORTH
DHS500**

You are invited to experience the Oriental culture in the most rewarding way with an elegant dining experience. Ninive brings an homage to the heritage and craftsmanship of the Middle East and North Africa.

It is an invitation to travel through times and spaces, being a sophisticated step in the hustle and bustle of Dubai, capital of Modern Arabia. Ninive cuisine combines convivial and delicious food with a modern twist. At Ninive, discover dishes from all over the region: North African Kemas meet Iraqi Tashreeb and slow cooked Dolmas. Delicious Kebabs & Couscous will make the guests travel. Located at Jumeirah Emirates Towers, Dubai. Visit ninive.ae.



WIN!

**A DINING
VOUCHER
TO SPEND AT
SEVEN SANDS!
WORTH DHS500**

Welcome to Seven Sands. A gastronomic pleasure inspired by the rich culture and history of the Emirates. Since the beginning of time, food

and eating has taken its place as the central activity of all of mankind and one of the most significant trademarks of any culture. This month, you're invited to sample a delicious range of dishes which offer a different perspective on local cuisine, from a creative fusion of authentic flavours and the best local produce to modern presentations and cooking techniques. At Seven Sands, food is never only about satisfying the appetite. It's about sharing, about honesty, and above all, it's about identity.



WIN!

**A MEAL AT THE
BLACKSMITH
SMOKEHOUSE
FOR 2! WORTH
DHS500**

Enjoy succulent slow-cooked meat cuts, ridiculously delicious ribs and Southern American favourites at The Blacksmith Smokehouse located in Wyndham Dubai

Marina. Led by Chef Orelle Young, The Blacksmith Smokehouse serves up an invigorating 'pit-masterpiece' of succulent slow-cooked meat cuts, ridiculously delicious ribs, long iced teas and blended beverages that ooze originality and the best traditions and flavours of the deep south. Treat yourself to a range of weekly promotions at the city's meatiest smokehouse, its popular Thursday night Hot Turkey brunch from 7pm to 11pm or for its latest Friday Alamo BBQ brunch with live BBQ stations from 1pm to 5pm.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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